

# Mt. Auburn

## Warm Water Indoor Pool

Winter 2025 ~ January 6th- February 28th

TIME	MON	TUE	WED	THU	FRI	SAT	
8:00 AM							
8:30 AM							
9:00 AM	Water Exercise 9:00-10:00	Open/Lap Swim 9:00-12:15	Water Exercise 9:00-10:00	Aqua Streach 9:00-9:30	Water Exercise 9:00-10:00		Tr-Adapted AQ 9:00-12:00
9:30 AM							
10:00 AM	Open/Lap Swim 10:00-12:15		Open/Lap Swim 10:00-12:15	Open/Lap Swim 9:30-12:15	Swim Lessons P&C-10:15-10:45	Open/Lap Swim 10:00-12:15	
10:30 AM					L1- 10:45-11:15		
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Swim Lessons L1- 4:15-4:45 L2- 4:50-5:20 L3- 5:25-5:55	TR-Adapted AQ 4:30-7:00	Swim Lessons L1- 4:15-4:45 L2- 4:50-5:20 L3- 5:25-5:55	Open/Family Swim 4:00-7:00	Pre- Lifeguarding 4:00-7:00	Open/Family Swim 4:00-6:00	
4:30 PM							
5:00 PM	Water Exercise 6:00-7:00			Water Exercise 6:00-7:00			Kayak Skills 6:00pm - 8:00pm (Jan. 10 - Feb. 14)
5:30 PM							
6:00 PM	Open Swim 7:00-9:00	Open Swim 7:00-9:00	Open Swim 7:00-9:00	Pre- Lifeguarding 7:00-9:00	Swim Lessons Adult- 7:00-7:45 L3/4- 7:00-7:45		
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							

- Pool Membership or Daily User fee required for entry.
- Participation in pool classes/ programs requires membership
- Class fees due in advance
- Not open on Holidays
- Schedule subject to change

- ADDRESS- 2034 Young St. 45219
- INFORMATION- CRC Aquatics office 513-357-POOL(7665)
- POOL PHONE- 513-381-6780
- CRC WEBSITE- cincyrec.org for information, class registration and to purchase pool memberships

# Cincinnati Recreation Commission

<p><b>Group Swim Lessons</b></p> <p><b>PARENT &amp; CHILD LESSONS:</b>  <b>FEE: \$40 per child + child membership</b>  Ages 6 mos.-3 yrs old: 1 child to 1 Adult in the water</p> <p><b>Friday – 10:15am – 10:45am</b>  Session 1 – January 10 - February 28</p>	<p><b>Session 1 Registration opens online: 12/11/24 @ 10:00 a.m.</b></p> <p><b>LEVEL 1, 2 &amp; 3 SWIM LESSONS:</b>  <b>FEE: \$40 per student + membership</b>  Ages 4 years - 14 years old</p> <p><b>Monday/Wednesday –</b>    <b>Level 1 4:15pm-4:45pm</b>     <b>Level 2 4:50pm-5:20pm</b>     <b>Level 3 5:25pm-5:55pm</b></p> <ul style="list-style-type: none"> <li>• Session 1- January 6 - January 29</li> <li>• Session 2- February 3 - February 26</li> </ul> <p><b>Fridays (1 day a week)    Level 1    10:45am-11:15am</b></p>	<p><b>LEVEL 3/4 &amp; ADULT LESSONS:</b>  <b>FEE: \$40 per student + membership</b>  Ages 4 years-14 years ~ Adult 18+</p> <p><b>Thursday – 7:00-7:45pm</b>  • Session 1- January 9 - February 27</p>												
<p><b>Open, Lap, Family Swim</b></p> <p>Children under 12 must be accompanied by an adult.  Ages 7 and younger must always swim with an adult within arm's reach.  Open to All Ages</p>	<p><b>January 6th - February 28th</b></p> <table border="0"> <tr> <td>Mon, Wed, Fri</td> <td>10:00am - 12:15pm</td> <td>Mon, Wed</td> <td>7:00pm - 9:00pm</td> </tr> <tr> <td>Tues,</td> <td>9:00am - 12:15pm</td> <td>Tues</td> <td>5:00pm - 9:00pm</td> </tr> <tr> <td>Thur</td> <td>9:30am - 12:15pm</td> <td>Thur</td> <td>4:00pm -8:00pm</td> </tr> </table>	Mon, Wed, Fri	10:00am - 12:15pm	Mon, Wed	7:00pm - 9:00pm	Tues,	9:00am - 12:15pm	Tues	5:00pm - 9:00pm	Thur	9:30am - 12:15pm	Thur	4:00pm -8:00pm	<p><b>Membership or daily fee required for all swimmers</b></p>
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<p><b>Water Exercise/Aqua Stretch</b></p> <p>An aerobic water workout designed to get your heart pumping. Your first class is free, so come and try it!</p> <p>Aqua Stretch targets the muscles with a gentel stretch improving flexibility and posture and</p>	<p><b>January 6th - February 28th</b></p> <table border="0"> <tr> <td>Mon, Wed, Fri</td> <td>9:00am - 10:00am</td> <td>Instructor: M. Smith</td> </tr> <tr> <td>Mon, Wed</td> <td>6:00pm - 7:00pm</td> <td>Instructor: B. Phillips</td> </tr> <tr> <td>Thur</td> <td>9:00am - 9:30am</td> <td>Instructor: C. Venuto</td> </tr> </table>	Mon, Wed, Fri	9:00am - 10:00am	Instructor: M. Smith	Mon, Wed	6:00pm - 7:00pm	Instructor: B. Phillips	Thur	9:00am - 9:30am	Instructor: C. Venuto	<p><b>\$5 /1 class, \$40 /10 classes, \$72 /20 Classes</b></p> <p><i>Membership Required</i></p>			
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<p><b>Pre-Lifeguard Classes</b></p> <p>Pre-Lifeguard Classes teach and refine swimming skills in preparation for American Red Cross Lifeguard Training Courses. Get prepared now for a summer job with CRC! See cincyrec.org for Lifeguard Course Schedule. Ages 14 years &amp; older. Adults &amp; Seniors welcome!</p>	<p><b>January 6th - February 28th</b></p> <table border="0"> <tr> <td>Mon, Wed</td> <td>7:00pm - 9:00pm</td> </tr> <tr> <td>Thurs</td> <td>4:00pm - 7:00pm</td> </tr> </table>	Mon, Wed	7:00pm - 9:00pm	Thurs	4:00pm - 7:00pm	<p><b>Free Instruction</b></p>								
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<p><b>Adapted Aquatics</b></p> <ul style="list-style-type: none"> <li>• Session 1- JANUARY 14 - FEBRUARY 22</li> </ul>	<table border="0"> <tr> <td>Tues</td> <td>4:30pm - 6:45pm</td> </tr> <tr> <td>Sat</td> <td>9:00am - 12:00pm</td> </tr> </table>	Tues	4:30pm - 6:45pm	Sat	9:00am - 12:00pm									
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Individualized swim and water safety lessons include all ability levels by incorporating American Red Cross swim progression and the TR Sequential Swim Progression for individuals with physical, neurological, developmental, and cognitive impairments. Call 513-352-4013 for more information and specific class times.

Please visit [www.cincyrec.org](http://www.cincyrec.org) for more information