

Mt. Auburn

Warm Water Indoor Pool

Spring 2025 ~ March 3rd - April 26

TIME	MON	TUE	WED	THU	FRI	SAT	
8:00 AM				Float Meditation 8:00-8:45			
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 Stretch 9:00-9:30	Adult Water Readiness 9:30-10:00	Water Exercise 9:00-10:00	
9:30 AM							
10:00 AM							Tr-Adapted AQ 9:00-12:00
10:30 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 11:00-12:15	
11:00 AM		L1- 10:45-11:15					
11:30 AM		L2- 11:15-11:45					
12:00 PM							
12:30 PM						Pre-Lifeguarding 12:30-2:00	
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 4:00-7:00	Pre- Lifeguarding 4:00-7:00
4:30 PM							
5:00 PM							
5:30 PM	Water Exercise 6:00-7:00			Water Exercise 6:00-7:00			
6:00 PM							
6:30 PM							
7:00 PM	Open Swim 7:00-9:00	Pre- Lifeguarding 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		
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

- 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

Group Swim Lessons				Session 1 Registration opens online: 2/12/2025 @ 10:00 a.m.			
<p>PARENT & CHILD SWIM LESSONS: FEE: \$40 per child + child membership Ages 6 mos.-3 yrs old: 1 child to 1 adult in the water</p> <p>Fridays: 10:15am-10:45am ·Session 1: March 7 - April 25</p>		<p>LEVEL 1, 2, & 3 SWIM LESSONS: FEE: \$40 per student + membership Ages 4 years - 14 years old</p> <p>Mondays/Wednesdays: Level 1 4:15pm-4:45pm Level 2 4:50pm-5:20pm Level 3 5:25pm-5:55pm</p> <p>·Session 1: March 3 - March 26 ·Session 2: March 31 - April 23</p> <p>Fridays (1 day a week): Level 1 10:45am-11:15am Level 2 11:15am-11:45am</p> <p>·Session 1: March 7 - April 25</p>		<p>LEVEL 3/4 & ADULT LESSONS: FEE: \$40 per student + membership Ages 4 years-14 years ~ Adult 18+</p> <p>Thursdays: 7:00pm-7:45pm ·Session 1: March 6 - April 24</p> <p>WATER READINESS- ADULT LESSONS: FEE: \$40 per adult + membership Adult 18+</p> <p>Thursdays: 9:30am-10:00am ·Session 1: March 6 - April 24</p>			
Open/ Lap/ Family Swim		March 3rd - April 25		Membership or daily fee required			
<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>Morning Hours: Mon, Wed: 10:00am - 12:15pm Tues: 9:00am - 12:15pm Thurs: 9:30am - 12:15pm Fri: 11:00am - 12:15pm</p>		<p>Evening Hours: Mon, Tues, Wed: 7:00pm - 9:00pm Thurs, Fri: 4:00pm - 7:00pm</p>		<p>Membership or daily fee required for all swimmers.</p>	
Water Exercise/ Aqua Stretch/ Float Meditation		March 3rd - April 25		\$5/1 class, \$40/10 classes, \$72/20 Classes			
<p>·<u>Water Exercise</u> is an aerobic water workout designed to get your heart pumping. Your first class is free, so come and try it!</p> <p>·<u>Aqua Stretch</u> targets the muscles with a gentle stretch improving flexibility and posture and reduces stress.</p> <p>·<u>Float Meditation</u> helps you to disconnect from stress, relax your body, and calm your mind. Through guided meditation and breath work, you'll achieve a peaceful state and gain a positive outlook for the day ahead.</p>		<p>Morning Water Exercise: Mon, Wed, Fri: 9:00am - 10:00am Instructor: M. Smith</p> <p>Evening Water Exercise: Mon, Wed: 6:00pm - 7:00pm Instructor: B. Phillips</p> <p>Aqua Stretch: Thurs: 9:00am - 9:30am Instructor: C. Venuto</p> <p>Float Meditation: Thurs: 8:00am - 8:45am Instructor: A. Chappell</p>		<p>·Available: March 3 - May 16</p> <p>·Session 1: March 6 - April 24</p> <p>·Session 1: March 6 - April 24</p>		<p>Membership Required</p> <p>Membership Required</p> <p>Membership Required</p>	
Pre-Lifeguard Classes		March 3rd - May 17th		Free Instruction			
<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 & older. Adults & Seniors welcome!</p>		<p>Classes: Mon, Wed: 7:00pm - 9:00pm Thurs, Fri: 4:00pm - 7:00pm Sat: 12:30pm - 2:00pm</p>					
Adapted Aquatics				Lesson Fee + Membership Required			
<p>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.</p>		<p>Classes: Tues: 4:30pm - 7:00pm Sat: 9:30am - 12:00pm</p> <p>·Spring Session: March 25 - May 3</p>				<p>Call 513-352-4013 for more information and specific class times.</p>	
<p>Please visit www.cincyrec.org for more information</p>							