

LAP SWIM

SUMMER 2019

Swimming works your whole body, improving cardiovascular conditioning, muscle strength, endurance, posture, and flexibility all at the same time. Swimmers must be able to swim a full length of the pool continuously without support. If space is available, then water exercise, walking and floating are permitted during lap swim. Kickboards and pull buoys are available from the lifeguard upon request. Bathing suits are required. Goggles and swim cap are recommended.



Location: Christopher High School (CHS) Aquatics Center

Dates & Times: Sat & Sun, June 1-16, 11:30-5:00pm
Tues - Sun, June 18-Aug. 4, 11:30am-5:00pm

Admission Fee: \$8 weekdays / \$10 weekends

CHS Aquatic Center is closed July 4, July 26-28 and Mondays.

Recreation Swim is also open during this time; 4-6 lanes will be reserved for lap swim.