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CLEARFIELD
 AQUATIC • FITNESS CENTER

Fall Aquatic Schedule
Effective August 18th, 2025
www.CAFC.Fun

Lap Swim		**Open Plunge**		Deep Water Aerobics	Shallow Water Aerobics	Senior Water Aerobics
		Competition Pool	Leisure Pool			
Mon	5-5:55 am (6 lanes) 6-6:55 am (2 lanes) 7-8:55 am (6 lanes) 9 am-2:30 pm (1 lane) 7-9:30 pm (1 lane)	7 pm-8:30 pm	5-8:30 am Adult's only 12-5 pm Adult's only 7 pm-8:30 pm	6 am (4 lanes) 9 am (5 lanes) 8:30 pm (4 lanes)	6 am (4 lanes)	10 am (5 lanes)
Tues	5-5:55 am (4 lanes) 6-8:55 am (6 lanes) 9 am-2:30 pm (1 lane) 7-9:30 pm (1 lane)	7 pm-8:30 pm	5-8:30 am Adult's only 12-4 pm Adult's only 4 pm-8:30 pm	9 am (5 lanes) 6 pm (3 lanes)	6 am (4 lanes) 8:30 pm (4 lanes)	10 am (5 lanes)
Weds	5-5:55 am (6 lanes) 6-6:55 am (2 lanes) 7-8:55 am (6 lanes) 9 am-2:30 pm (1 lane) 7-9:30 pm (1 lane)	7 pm-8:30 pm	5-8:30 am Adult's only 12-5 pm Adult's only 7 pm-8:30 pm	6 am (4 lanes) 9 am (5 lanes) 8:30 pm (4 lanes)	6 am (4 lanes)	10 am (5 lanes)
Thurs	5-5:55 am (4 lanes) 6-8:55 am (6 lanes) 9 am-2:30 pm (1 lane) 7-9:30 pm (1 lane)	7 pm-8:30 pm	5-8:30 am Adult's only 12-4 pm Adult's only 4 pm-8:30 pm	9 am (5 lanes) 6 pm (3 lanes)	6 am (4 lanes) 8:30 pm (4 lanes)	10 am (5 lanes)
Fri	5-5:55 am (6 lanes) 6-6:55 am (2 lanes) 7 am-2:55 pm (6 lanes) 9-1:30 pm (1 lane)	5:30 pm-7 pm	5-8:30 am Adult's only *9 am-12 pm Toddler time* 12-4 pm Adult's only 4 pm-7 pm	6 am (4 lanes) 9 am (5 lanes)	6 am (4 lanes)	10 am (5 lanes)
Sat	6-7:55 am (6 lanes) 11 am-7 pm (1 lane)	12-7 pm **See below**	6-11:30 am Adult's only 12-7 pm	8 am Combo Class (5 lanes)		
Sun	12-5 pm (1 lane)	12-5 pm	12-5 pm			

SCHEDULE SUBJECT TO CHANGE

The first hour of each day (Mon-Sat) is for CAFC Members only.

*Toddler time will only be offered on days school is in session. (Sept-April) no toddler time in May *The leisure pool will be open for children accompanied by an adult in the water. Please note that the water features and slide will be off during this time.

High school swimming meets are held in Comp Pool occasionally October-February.

****During open plunge, there may be a 5-minute restroom break every hour.****

Schedule will vary on holidays. Please check with Welcome Desk for holiday hours.

The Clearfield Aquatic and Fitness Center reserves the right to change the abovementioned hours.

The Utah State Health Code requires all children under age 3 to wear a swim diaper and waterproof pants. Swim diapers and waterproof pants are available for purchase at the Welcome Desk.

Spring Aquatic Schedule
Effective August 18th, 2025
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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am	Power H2O Deep Erin Slow and Easy Shallow Joy	Lazy River Challenge -Shallow Joy	Power H2O Deep Erin Slow and Easy Shallow Joy	Lazy River Challenge -Shallow Joy	Power H2O Deep Corina Slow and Easy Shallow Joy	
9:00 am	Power H2O Deep Ann	Aqua Motivation Deep Clarissa	Power H2O Deep Clarissa	Aqua Motivation Deep Cindy	Power H2O Deep Erin	8:00 am The Water Experience Combo Rotation
10:00 am	Slow & Easy Shallow Ann	Arthritis Shallow Clarissa	Slow & Easy Shallow Clarissa	Arthritis Shallow Ann	Slow & Easy Shallow Erin	
6:00 pm		Liquid Moves Combo Corina		Liquid Moves Combo Jytte		
8:30 pm	Open H2O Deep No Instructor	Aqua Zumba Shallow Leslie	Power H2O Deep Lori	Aqua Zumba Shallow Carley		

Schedule Subject to Change

Deep Water Aerobics: Do you want a great low-impact, fat-burning workout. This course is designed to introduce the enthusiast, as well as the “want to be” enthusiast, to the marvels of deep conditioning. Participants wear deep water belts especially designed to keep them afloat in the deep water. Experience innovative cardiovascular exercises performed with no impact on the body.

Liquid Moves: Experience a unique aquatic workout! This class offers aquatic moves to help increase muscular strength, flexibility, and cardiovascular endurance in a different format than the traditional water aerobics class. It's an amazing all-over conditioning experience with no jarring impact on the joints. Check it out for a change of pace and a great workout.

Aqua Motivation: A powerful water workout that will help you unwind as you work against the water's resistance to increase cardio fitness, improve strength and flexibility, and sculpt all the major muscle groups. Burn those extra calories and then stretch out and let your worries float away. Aqua socks/shoes recommended

Slow and Easy Shallow: This water aerobics class is specially designed for a person over 50 years old, however, it is open to anyone interested in a fun, low-impact water workout. Aerobic capacity, strength, flexibility, balance and reaction time will greatly improve.

Arthritis: This program is designed to help relieve pain and stiffness caused by arthritis while providing a fun social opportunity. Participants will be led through a series of specially designed exercises, which with the aid of the waters buoyancy and resistance can help improve joint flexibility. The warm water and gentle movements can also help to relieve pain and stiffness.

Lazy River Challenge: This early morning water class in the warm leisure pool! Do a variety of exercises against the current while having a great time. Increase your flexibility, strength, and endurance and release that unwanted stress as you work against the resistance of the water for a great workout. Water shoes are recommended!

Aqua Zumba: Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba "pool party", the Aqua Zumba program gives new meaning to the idea of a refreshing workout. **This class is 45 minutes in length.**

The Water Experience: Do you want a great fat burning workout that is always changing? You never truly know what each Saturday will bring, it may be deep, shallow or a combination of both. Experience innovative cardiovascular exercises performed with no impact on the body.

Open H2O: Experience this free form class where you can create your own work outs with out structure. We will provide music and equipment.