

**CLEARFIELD**  
AQUATIC • FITNESS CENTER

**Fall Aquatic Schedule**  
**Effective August 18th, 2025**  
[www.CAFC.Fun](http://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)<br>6-6:55 am (2 lanes)<br>7-8:55 am (6 lanes)<br>9 am-2:30 pm (1 lane)<br>7-9:30 pm (1 lane) | <b>7 pm-8:30 pm</b>                    | 5-8:30 am Adult's only<br>12-5 pm Adult's only<br><b>7 pm-8:30 pm</b>                           | 6 am (4 lanes)<br>9 am (5 lanes)<br>8:30 pm (4 lanes) | 6 am (4 lanes)                      | 10 am (5 lanes)       |
| Tues  | 5-5:55 am (4 lanes)<br>6-8:55 am (6 lanes)<br>9 am-2:30 pm (1 lane)<br>7-9:30 pm (1 lane)                        | <b>7 pm-8:30 pm</b>                    | 5-8:30 am Adult's only<br>12-4 pm Adult's only<br><b>4 pm-8:30 pm</b>                           | 9 am (5 lanes)<br>6 pm (3 lanes)                      | 6 am (4 lanes)<br>8:30 pm (4 lanes) | 10 am (5 lanes)       |
| Weds  | 5-5:55 am (6 lanes)<br>6-6:55 am (2 lanes)<br>7-8:55 am (6 lanes)<br>9 am-2:30 pm (1 lane)<br>7-9:30 pm (1 lane) | <b>7 pm-8:30 pm</b>                    | 5-8:30 am Adult's only<br>12-5 pm Adult's only<br><b>7 pm-8:30 pm</b>                           | 6 am (4 lanes)<br>9 am (5 lanes)<br>8:30 pm (4 lanes) | 6 am (4 lanes)                      | 10 am (5 lanes)       |
| Thurs | 5-5:55 am (4 lanes)<br>6-8:55 am (6 lanes)<br>9 am-2:30 pm (1 lane)<br>7-9:30 pm (1 lane)                        | <b>7 pm-8:30 pm</b>                    | 5-8:30 am Adult's only<br>12-4 pm Adult's only<br><b>4 pm-8:30 pm</b>                           | 9 am (5 lanes)<br>6 pm (3 lanes)                      | 6 am (4 lanes)<br>8:30 pm (4 lanes) | 10 am (5 lanes)       |
| Fri   | 5-5:55 am (6 lanes)<br>6-6:55 am (2 lanes)<br>7 am-2:30 pm (1 lane)  | <b>5:30 pm-7 pm</b>                    | 5-8:30 am Adult's only<br>*9 am-12 pm Toddler time*<br>12-4 pm Adult's only<br><b>4 pm-7 pm</b> | 6 am (4 lanes)<br>9 am (5 lanes)                      | 6 am (4 lanes)                      | 10 am (5 lanes)       |
| Sat   | 6-7:55 am (6 lanes)<br>11 am-7 pm (1 lane)   | <b>12-7 pm</b><br><b>**See below**</b> | 6-11:30 am Adult's only<br><b>12-7 pm</b>   | <b>8 am Combo Class</b><br>(5 lanes)                  |                                     |                       |
| Sun   | 12-5 pm (1 lane)   | <b>12-5 pm</b>                         | <b>12-5 pm</b>  |   |                                     |                       |

**SCHEDULE SUBJECT TO CHANGE**

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

\*Toddler time will only be offered when 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.

**Fall Aquatic Schedule**  
**Effective August 18<sup>th</sup>, 2025**  
**[www.CAFC.Fun](http://www.CAFC.Fun)**

| Time     | Monday   | Tuesday                                     | Wednesday  | Thursday                                    | Friday   | Saturday  |
|----------|--|---|--|---|--|---|
| 6:00 am  | <b>Power H2O</b><br>Deep<br>Erin<br><b>Slow and Easy</b><br>Shallow<br>Joy | <b>Lazy River Challenge</b> -Shallow<br>Joy | <b>Power H2O</b><br>Deep<br>Erin<br><b>Slow and Easy</b><br>Shallow<br>Joy | <b>Lazy River Challenge</b> -Shallow<br>Joy | <b>Power H2O</b><br>Deep<br>Corina<br><b>Slow and Easy</b><br>Shallow<br>Joy |   |
| 9:00 am  | <b>Power H2O</b><br>Deep<br>Ann  | <b>Aqua Motivation</b><br>Deep<br>Clarissa  | <b>Power H2O</b><br>Deep<br>Clarissa                                       | <b>Aqua Motivation</b><br>Deep<br>Cindy     | <b>Power H2O</b><br>Deep<br>Erin   | <b>8:00 am</b><br><b>The Water Experience Combo</b><br>Rotation |
| 10:00 am | <b>Slow &amp; Easy</b><br>Shallow<br>Ann                                   | <b>Arthritis</b><br>Shallow<br>Clarissa     | <b>Slow &amp; Easy</b><br>Shallow<br>Clarissa                              | <b>Arthritis</b><br>Shallow<br>Ann          | <b>Slow &amp; Easy</b><br>Shallow<br>Erin                                    |   |
| 6:00 pm  |  | <b>Liquid Moves</b><br>Combo<br>Corina      |  | <b>Liquid Moves</b><br>Combo<br>Jytte       |  |   |
| 8:30 pm  | <b>Power H2O</b><br>Deep<br>Sandy  | <b>Aqua Zumba</b><br>Shallow<br>Carey       | <b>Power H2O</b><br>Deep<br>Sandy  | <b>Aqua Zumba</b><br>Shallow<br>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 a float 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 water's 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.