



# WINTER 2024 6-LANE POOL SCHEDULE

Schedule may vary due to program size, special events or weather.  
During swim team practices members may need to ask the coaching staff for an available lane that should be available.

NO LIFEGUARDS ON DUTY = SWIM AT YOUR OWN RISK!  
Children 17 and under MUST be accompanied by an adult 21 or older.

Pool Hours > Lanes >	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						<div style="border: 1px solid black; padding: 5px; background-color: #fff9c4;"> <b>CG+ MEMBERSHIP BENEFIT:</b> Reserve a lap lane up to 72 hours in advance via the CG App or through the website.         </div>																													
	4:30a-9:45p						4:30a-9:45p						4:30a-9:45p						4:30a-9:45p						4:30a-9:45p																																			
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	<b>SATURDAY</b>						<b>SUNDAY</b>																	
4:30 AM	<b>Lap Lanes</b>						<b>Lap Lanes</b>						<b>Lap Lanes</b>						<b>Lap Lanes</b>						<b>Lap Lanes</b>						<b>Lap Lanes</b>						<b>Lap Lanes</b>						<b>Lap Lanes</b>						<b>Lap Lanes</b>						<b>Lap Lanes</b>					
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1:30 PM	<b>Masters Swim Team (5 lanes)</b>						<b>Masters Swim Team (5 lanes)</b>						<b>Masters Swim Team (5 lanes)</b>						<b>Masters Swim Team (5 lanes)</b>						<b>Masters Swim Team (5 lanes)</b>						<b>Masters Swim Team (5 lanes)</b>						<b>Masters Swim Team (5 lanes)</b>						<b>Masters Swim Team (5 lanes)</b>																	
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6 Lane Pool is kept at 84 degrees. | Updated schedule March 2024



**CROSS GATES**  
FAMILY FITNESS

# WINTER 2024 8-LANE POOL SCHEDULE

Schedule may vary due to program size, special events or weather.  
The "Horseshoe" area of the 8-lane is reserved for Aquatic Programming.  
During swim team practices members may need to ask the coaching staff for an available lane that should be available.

NO LIFEGUARDS ON DUTY = SWIM AT YOUR OWN RISK!  
Children 17 and under MUST be accompanied by an adult 21 or older.

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**CG+ MEMBERSHIP BENEFIT:**  
Reserve a lap lane up to 72 hours in advance via the CG App or through the website.

\* HSC practices August-July. | 8-Lane Pool schedule will be adjusted for March 2024. | Temp is held at 80 degrees