

DESIGNED FOR

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SIUE[®]
Campus Rec[®]

Phone: (618) 650.3235
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visit the website for events
and current hours of operation

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and hours of operation

www.siue.edu/crec/aquatics

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Aquatics
SIUE[®]
Campus Rec

The Student Fitness Center INDOOR POOL

is a **6 LANE, 25-YARD** pool with a **ONE METER SPRINGBOARD** and **SALINE purification system**. Our aquatics program offers a variety of **RECREATIONAL** and **INSTRUCTIONAL PROGRAMS** to meet **YOUR** needs.

OPEN SWIM

If you and your friends need a place to refresh yourselves and make a splash while doing it, join us for our open swim hours. It's a great way to relieve stress and to just have fun.

LAP SWIM

Lap swimming is like no other workout, and a great way to improve your overall fitness and health. If you need a place to continue your lap swimming routine, or to create one, we offer a variety of lap swim hours throughout the week.

FAMILY NIGHT

Family Night is every Friday night at the VC pool from 4:30pm - 9:30pm. Bring your immediate family for a splash in the pool. Please remember, children under the age of 16 must be accompanied by a parent or guardian.

Hours of OPERATION Indoor Pool

Semester Hours:

Sunday
12:00 pm - 3:00 pm
6:00 pm - 8:30 pm

Summer Hours:

Sunday
12:00 pm - 3:00 pm
6:00 pm - 8:30 pm

DRY SAUNA

Relax and unwind in the VC Dry Saunas. There is one located in both the Men's and Women's Locker Rooms on the lower level.



Adult SWIM CLASSES

Want to boost your swimming ability? Try our beginner, intermediate, or stroke development classes. These classes are offered in the Fall and Spring Semesters.

The Cougar Lake OUTDOOR POOL

is located near the Cougar Lake Recreation Area, and is just past parking lot 10. The pool provides a variety of aquatic activities for students, faculty, and staff during the summer months including recreational swimming, water fitness, and swim lessons. The Cougar Lake pool is open daily from Memorial Day to Labor Day. Check website for specific hours of operation.

Monday - Friday
6:15 am - 8:15 am
11:30 am - 1:30 pm
4:30 pm - 9:30 pm

Saturday
12:00 pm - 3:00 pm
6:00 pm - 8:30 pm

Monday - Friday
6:15 am - 8:15 am
11:30 am - 1:00 pm
4:30 pm - 8:30 pm

Saturday
12:00 pm - 3:00 pm
6:00 pm - 8:30 pm