

Rodale Aquatic Center

For Civic Health & Wellness

Contact Information:

Rodale Aquatic Center for Civic Health
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Website: www.cedarcrest.edu



Cedar Crest Student:

- All students, faculty, and Staff of Cedar Crest College have access to both the Competition and Fitness pools during lap & learn pool hours. The pool availability schedule can be found at the Front Desk of the Aquatic Center or on the college website.
- Students may bring one guest during lap & learn pool hours at no charge. Additional guests are permitted at a charge of \$10 per adult and \$8 per child/senior.
- Full-time students receive a 10% discount on merchandise and may take fitness classes at no charge. Part-time students receive a 10% discount on all classes and merchandise.
- Lockers are available. However, you must bring your own lock and remove it when you leave.

Mission Statement:

The Rodale Aquatic Center is dedicated to fostering civic health and wellness by providing educational opportunities to the larger community both alone in cooperation with other organizations that enhance the development of the mind, body, and spirit through a comprehensive array of aquatic classes integrated with academic topics focused on healthy lifestyles.

RAC Programs:

The Rodale Aquatic Center offers swim lessons for children and adults. Additionally the facility offers aquatic fitness classes including Aqua Pilates, Aquaticise, Hydrobike, Deep Water Workout, Arthritis, and MS classes. For more information on the programs offered at the center, brochures are available at the Front Desk.

Family Swim:

As a Cedar Crest student you can bring your immediate family to our family swim times for free. You must bring your student ID every time you want to swim. Family swim times are Fridays, 7:00pm-8:45pm, Saturdays, 1:30pm-3:15pm and Sundays, 2:00pm-3:45pm. Family swim times are subject to change.

