

FALL 2010



AQUATICS SCHEDULES - LILLEY GULCH RECREATION CENTER (303-409-2500)

SCHEDULES & FEES ARE SUBJECT TO CHANGE.

ALL AREAS OF THE POOL NOT AVAILABLE FOR EACH ACTIVITY.

LILLEY GULCH Pool • 84°- 86° • SEP 7 – DEC 31, 2010

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
ADULT LAP SWIM (Ages 18 & up)	Noon-1:00pm	6:00-8:30am ¹ 11:30am-1:00pm ² 6:00-7:00pm 3 lanes	11:30am-1:00pm ² 4:00-5:30pm 3 lanes 7:30-8:00pm 6 lanes 8:00-8:30pm 3 lanes	6:00-8:30am ¹ 11:30am-1:00pm ² 6:00-7:00pm 3 lanes	11:30am-1:00pm ² 4:00-5:30pm 3 lanes 7:30-8:00pm 6 lanes 8:00-8:30pm 3 lanes	6:00-8:30am ¹ 11:30am-1:00pm ² 6:30-8:00pm 3 lanes	Noon-1:00pm
OPEN SWIM	1:00-3:00pm					6:30-8:00pm 3 lanes	1:00-3:00pm
WATER WALKING	10:30am-Noon						
SWIM LESSONS		4:00-6:00pm 3 lanes		4:00-6:00pm 3 lanes			9:00am-Noon
FOOTHILLS SWIM TEAM		5:00-7:00pm 3 lanes	4:30-5:30pm 3 lanes 5:30-6:30pm 6 lanes	5:00-7:00pm 3 lanes	4:30-5:30pm 3 lanes 5:30-6:30pm 6 lanes	4:30-6:30pm 6 lanes	
CARA SWIM TEAM			6:30-7:30pm 6 lanes		6:30-7:30pm 6 lanes		
HIGH SCHOOL (NOV-DEC)		5:30-6:00am 6 lanes 6:00-7:00am 3 lanes 3:00-4:00pm 6 lanes 4:00-5:00pm 3 lanes 7:00-9:30pm 6 lanes	5:30-7:00am 6 lanes 3:00-4:00pm 6 lanes 4:00-4:30pm 3 lanes 8:00-8:30pm 3 lanes 8:30-9:30pm 6 lanes	5:30-6:00am 6 lanes 6:00-7:00am 3 lanes 3:00-4:00pm 6 lanes 4:00-5:00pm 3 lanes 7:00-9:30pm 6 lanes	5:30-7:00am 6 lanes 3:00-4:00pm 6 lanes 4:00-4:30pm 3 lanes 8:00-8:30pm 3 lanes 8:30-9:30pm 6 lanes	5:30-6:00am 6 lanes 6:00-7:00am 3 lanes 3:00-4:00pm 6 lanes 4:00-4:30pm 6 lanes	
FITNESS		8:30-9:30am Splash Aerobics 9:30-10:30am AquaTone 1:00-2:00pm Deep Water		8:30-9:30am Splash Aerobics 9:30-10:30am AquaTone 1:00-2:00pm Deep Water		8:30-9:30am Splash Aerobics 9:30-10:30am AquaTone 1:00-2:00pm Deep Water	
CLOSED		10:30-11:30am 2:00-3:00pm	6:00-11:30am 1:00-3:00pm	10:30-11:30am 2:00-3:00pm	6:00-11:30am 2:00-3:00pm	10:30-11:30am 2:00-3:00pm	

¹ Three lanes available 6:00-7:00am NOV & DEC

² 2½ ft. section available to parents with children ages five and under. **Parents MUST accompany child into the water.**

LILLEY GULCH POOL WILL BE CLOSED AUG 30 – SEP 6 FOR ANNUAL MAINTENANCE & REPAIRS.