

SUMMER 2010



AQUATICS SCHEDULES

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

CLOSED FOR ANNUAL MAINTENANCE: AUG 30 – SEP 6, 2010

SCHEDULES & FEES ARE SUBJECT TO CHANGE. ALL AREAS OF THE POOL NOT AVAILABLE FOR EACH ACTIVITY.

LILLEY GULCH POOL • 84° – 86° • JUN 5 – AUG 29, 2010

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
ADULT LAP SWIM (Ages 18 & up)	Noon-1:00pm	5:30-7:00am Noon-1:00pm	5:30-7:00am Noon-1:00pm 6:00-8:00pm ¹	5:30-7:00am Noon-1:00pm	5:30-7:00am Noon-1:00pm 6:00-8:00pm ¹	5:30-7:00am Noon-1:00pm 6:00-7:30pm ¹	Noon-1:00pm
OPEN SWIM	1:00-4:30pm		6:00-8:00pm ¹		6:00-8:00pm ¹	6:00-7:30pm ¹	1:00-4:30pm
WATER WALKING	10:30am-Noon						
SWIM LESSONS		9:00am-Noon	9:00am-Noon 4:00-5:30pm	9:00am-Noon	9:00am-Noon 4:00-5:30pm	9:00am-Noon	9:00am-Noon
FOOTHILLS SWIM TEAM		4:30-6:30pm 6 lanes	4:00-5:30pm 3 lanes 5:30-6:00pm 6 lanes	4:30-6:30pm 6 lanes	4:00-5:30pm 3 lanes 5:30-6:00pm 6 lanes	4:00-6:00pm 6 lanes	
CARA SWIM TEAM		7:00-8:00am	7:00-8:00am	7:00-8:00am	7:00-8:00am	7:00-8:00am	
FITNESS		8:05-9:00am Splash Aerobics 1:00-2:00pm Deep Water AquaTone	8:05-9:00am Aquatone	8:05-9:00am Splash Aerobics 1:00-2:00pm Deep Water AquaTone	8:05-9:00am Aquatone	8:05-9:00am Splash Aerobics 1:00-2:00pm Deep Water AquaTone	
CLOSED		2:00-4:30pm	1:00-4:00pm	2:00-4:30pm	1:00-4:00pm	2:00-4:00pm	

Subject to change without notice. All areas of the pool NOT available for each activity. ¹ Three lanes available.