

# FALL 2011

## AQUATICS SCHEDULES

### - RIDGE RECREATION CENTER (303-409-2333)



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

### RIDGE ACTIVITY Pool • 86°- 87° • AUG 29 – DEC 31, 2011

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
<b>OPEN SWIM</b>	10:00am-5:30pm	10:30am-9:00pm <sup>1</sup>	10:30am-9:00pm <sup>1</sup>	10:30am-9:00pm <sup>1</sup>	10:30am-9:00pm <sup>1</sup>	10:30am-9:00pm	Noon-5:30pm
<b>WATER WALKING</b>		7:00-10:30am Current Channel	7:00-10:30am Current Channel	7:00-10:30am Current Channel	7:00-10:30am Current Channel	7:00-10:30am Current Channel	
<b>SWIM LESSONS</b>	9:00-10:00am	9:00-10:00am 4:30-6:30pm <sup>1</sup>	9:00-10:00am 4:30-6:30pm <sup>1</sup>	9:00-10:00am 4:30-6:30pm <sup>1</sup>	9:00-10:00am 4:30-6:30pm <sup>1</sup>		9:00am-Noon
<b>INFANT SWIM RESOURCE</b>		6:00-10:30am	6:00-10:30am	6:00-10:30am	6:00-10:30am	6:00-10:30am	
<b>RENTALS</b>	5:30pm-CLOSE						5:30pm-CLOSE

<sup>1</sup> Water features will be turned off 4:30-6:30pm MON – THU during lessons.

### RIDGE LAP Pool • 81°- 83° • AUG 29 – DEC 31, 2011

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
<b>ADULT LAP SWIM</b> (Ages 18 & up)	Noon-5:30pm	5:30am-3:00pm 7:00-9:00pm	5:30am-3:00pm 7:00-8:00pm	5:30am-3:00pm 7:00-9:00pm	5:30am-3:00pm 7:00-8:00pm	5:30am-3:00pm 7:00-9:00pm	9:00am-5:30pm
<b>OPEN SWIM</b>	1:00-5:30pm	11:30am-3:00pm 8:00-9:00pm	10:30am-3:00pm 8:00-9:00pm	10:30am-3:00pm 8:00-9:00pm	10:30am-3:00pm 8:00-9:00pm	10:30am-3:00pm 4:30-9:00pm	1:00-5:30pm
<b>WATER WALKING</b>			10:30am-12:30pm	10:30am-12:30pm	10:30am-12:30pm	10:30am-12:30pm	
<b>FITNESS</b>		8:35-9:30am Aqua Zumba	8:35-9:30am Splash Aerobics 7:05-8:00pm Splash Aerobics	8:35-9:30am Aqua Zumba	8:35-9:30am Splash Aerobics 7:05-8:00pm Splash Aerobics		
<b>MASTERS</b>	9:00-11:00am	5:30-7:00am	5:30-7:00am	5:30-7:00am	5:30-7:00am	5:30-7:00am	7:30-9:00am
<b>SWIM LESSONS</b>		4:30-6:40pm	4:30-6:40pm	4:30-6:40pm	4:30-6:40pm		9:00am-Noon
<b>FOOTHILLS SWIM TEAM</b>		4:30-7:00pm	4:30-7:00pm	4:30-7:00pm	4:30-7:00pm	4:30-7:00pm	
<b>HIGH SCHOOL (NOV-DEC)</b>		3:00-4:30pm 8:30-9:30pm Share w/Open Swim	3:00-4:30pm 8:00-9:30pm Share w/Open Swim	3:00-4:30pm	3:00-4:30pm 8:00-9:30pm Share w/Open Swim	3:00-4:30pm	
<b>DIVE TEAMS</b>		Mile High 6:40-8:00pm 8:00-8:30pm Share w/Open Swim		Mile High 6:40-8:00pm 8:00-8:30pm Share w/Open Swim			
<b>SCUBA</b>	9:00am-1:00pm						8:30am-1:00pm
<b>CARA SWIM TEAM</b>		4:30-5:30pm	5:30-6:30pm 6:30-7:30pm	4:30-5:30pm	5:30-6:30pm 6:30-7:30pm		
<b>ELITE TRI / KIDS THAT TRI</b>	11:00am-1:00pm	10:00-11:30am					

### RIDGE THERAPY Pool\* • 90° – 91° • AUG 29 – DEC 31, 2011

\*NOTE: THERAPY POOL USE IS ONLY FOR THOSE WITH THERAPUTIC NEEDS & SCHEDULED CLASSES.

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
<b>OPEN THERAPY</b>	11:00am-5:30pm	8:00-10:30am 11:30am-1:00pm 2:00-5:15pm 5:45-9:00pm	8:00-10:00am 11:00am-5:30pm 6:30-9:00pm	8:00-10:30am 11:30am-1:00pm 2:00-5:15pm 7:00-9:00pm	8:00-10:00am 11:00am-5:15pm 5:45-9:00pm	8:00-10:00am 11:00am-1:00pm 2:00-9:00pm	11:00am-5:30pm
<b>ARTHRITIS AQUATICS</b>			5:30-6:30pm			10:00-11:00am	
<b>SWIM LESSONS</b>		5:15-5:45pm		5:15-5:45pm	5:15-5:45pm		9:00-9:30am 10:30-11:00am
<b>ADAPTIVE SWIM</b>							9:30-10:30am
<b>POOLATES</b>			10:00-11:00am	10:30-11:30am 6:00-7:00pm	10:00-11:00am		
<b>MOVING FOR LIFE</b>		1:00-2:00pm		1:00-2:00pm		1:00-2:00pm	
<b>RENTAL</b>		10:30-11:30am					