

FALL 2010

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 30 – DEC 31, 2010

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
OPEN SWIM	10:00am-5:30pm	10:30am-9:00pm ¹	10:30am-9:00pm ¹	10:30am-9:00pm ¹	10:30am-9:00pm ¹	10:30am-9:00pm	Noon-5:30pm
WATER WALKING		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	
SWIM LESSONS		9:00-10:00am 4:30-6:30pm ¹	9:00-10:00am 4:30-6:30pm ¹	9:00-10:00am 4:30-6:30pm ¹	9:00-10:00am 4:30-6:30pm ¹		9:00am-Noon
INFANT SWIM RESOURCE		6:00-10:30am	6:00-10:30am	6:00-10:30am	6:00-10:30am	6:00-10:30am	
RENTALS	5:30pm-CLOSE						5:30pm-CLOSE

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

RIDGE LAP Pool • 81°- 83° • AUG 30 – DEC 31, 2010

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
ADULT LAP SWIM (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	Noon-5:30pm
OPEN SWIM	1:00-5:30pm	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 8:00-9:00pm	10:30am-3:00pm 4:30-9:00pm	1:00-5:30pm
WATER WALKING	11:00am-1:00pm	10:30am-12:30pm	10:30am-12:30pm	10:30am-12:30pm	10:30am-12:30pm	10:30am-12:30pm	
FITNESS		8:30-9:30am Aqua Zumba	8:30-9:30am Splash Aerobics 7:00-8:00pm Splash Aerobics		8:30-9:30am Splash Aerobics 7:00-8:00pm Splash Aerobics		
MASTERS	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
SWIM LESSONS		4:30-6:40pm	4:30-6:40pm	4:30-6:40pm	4:30-6:40pm		9:00am-Noon
FOOTHILLS SWIM TEAM		4:30-7:00pm	4:30-7:00pm	4:30-7:00pm	4:30-7:00pm	4:30-7:00pm	
HIGH SCHOOL (NOV-DEC)		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	
DIVE TEAMS	Altitude 2:30-5:00pm Share w/Open Swim	Mile High 6:40-8:00pm 8:00-8:30pm Share w/Open Swim	Altitude 7:30-8:00pm 8:00-9:00pm Share w/Open Swim	Mile High 6:40-8:00pm 8:00-8:30pm Share w/Open Swim	Altitude 7:30-8:00pm 8:00-9:00pm Share w/Open Swim	Altitude 6:00-8:00pm Share w/Open Swim	Altitude 2:30-5:00pm Share w/Open Swim
SCUBA	9:00am-1:00pm						8:30am-1:00pm
CARA SWIM TEAM		4:30-5:30pm	5:30-6:30pm 6:30-7:30pm	4:30-5:30pm	5:30-6:30pm 6:30-7:30pm		

RIDGE THERAPY Pool * • 90° – 91° • AUG 30 – DEC 31, 2010

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

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
OPEN THERAPY	1:00-5:30pm	11:30am-1:00pm 2:00-5:15pm 5:45-9:00pm	11:00am-4:30pm 6:30-9:00pm	11:30am-1:00pm 2:00-5:15pm 7:00-9:00pm	11:00am-5:15pm 5:45-9:00pm	10:00am-1:00pm 2:00-9:00pm	1:00-5:30pm
WATER WALKING	11:00am-1:00pm	8:00-10:30am	8:00-10:00am	8:00-10:30am	8:00-10:00am	8:00-10:00am	11:00am-1:00pm
SWIM LESSONS		5:15-5:45pm	4:30-6:30pm	5:15-5:45pm	5:15-5:45pm		9:00-9:30am 10:30-11:00am
ADAPTIVE SWIM							9:30-10:30am
POOLATES			10:00-11:00am	10:30-11:30am 6:00-7:00pm	10:00-11:00am		
MOVING FOR LIFE		1:00-2:00pm		1:00-2:00pm		1:00-2:00pm	
RENTAL		10:30-11:30am					