

SUMMER 2010

AQUATICS SCHEDULES

– **RIDGE RECREATION CENTER (303-409-2333)**

CLOSED FOR ANNUAL MAINTENANCE: AUG 23 – 29, 2010



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

RIDGE ACTIVITY Pool • 86° – 88° • MAY 29 – AUG 22, 2010

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
OPEN SWIM	10:00am-5:30pm	11:00am-9:00pm ¹	11:00am-9:00pm	11:00am-9:00pm ¹	11:00am-9:00pm	11:00am-9:00pm	Noon-5:30pm
WATER WALKING		7:00-11:00am Current Channel	7:00-11:00am Current Channel	7:00-11:00am Current Channel	7:00-11:00am Current Channel	7:00-11:00am Current Channel	
SWIM LESSONS		8:00-11:00am 4:30-6:30pm ¹	8:00-11:00am	8:00-11:00am 4:30-6:30pm ¹	8:00-11:00am	8:00-11:00am	9:00am-Noon
INFANT SWIM RESOURCE		6:00-11:00am	6:00-11:00am	6:00-11:00am	6:00-11:00am	6:00-11:00am	
RENTALS	5:30pm-CLOSE						5:30pm-CLOSE

¹ Water features will be turned off 4:30-6:30pm Mondays and Wednesdays during lessons.

RIDGE LAP Pool • 81° – 83° • MAY 29 – AUG 22, 2010

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
ADULT LAP SWIM (Ages 18 & up)	Noon-5:30pm	5:30am-4:30pm 7:00-9:00pm	5:30am-4:30pm 5:30-9:00pm	5:30am-4:30pm 7:00-9:00pm	5:30am-4:30pm 5:30-9:00pm	5:30am-4:30pm 7:00-9:00pm	Noon-5:30pm
OPEN SWIM	1:00-5:30pm	Noon-4:30pm 8:00-9:00pm	Noon-4:30pm 7:00-9:00pm	Noon-4:30pm 8:00-9:00pm	Noon-4:30pm 7:00-9:00pm	Noon-4:30pm 5:30-9:00pm	1:00-5:30pm
WATER WALKING	11:00am-1:00pm						
FITNESS		8:35-9:30am Aqua Zumba	8:00-9:00am Splash Aerobics 7:00-8:00pm Splash Aerobics		8:00-9:00am 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		8:00am-Noon 4:30-6:40pm	8:00am-Noon	8:00am-Noon 4:30-6:40pm	8:00am-Noon	8:00am-Noon	9:00am-Noon
FOOTHILLS SWIM TEAM		4:30-7:00pm	4:30-7:00pm	7:00-8:30am 4:30-7:00pm	4:30-7:00pm	7:00-8:30am 4:30-7:00pm	
DIVE TEAMS	Altitude 2:30-5:00pm Share w/Open Swim	Mile High 6:30-6:40pm (1 board) 6:40-8:00pm 8:00-8:30pm Share w/Open Swim	Altitude 7:00-9:00pm Share w/Open Swim	Mile High 6:30-6:40pm (1 board) 6:40-8:00pm 8:00-8:30pm Share w/Open Swim	Altitude 7:00-9:00pm 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	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	
ELITE RENTAL		7:00-8:30am					

RIDGE THERAPY Pool* • 90° – 91° • MAY 29 – AUG 22, 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	10:00-10:30am 11:30am-1:00pm 2:00-5:00pm 5:45-9:00pm	11:00am-9:00pm	11:30am-1:00pm 2:00-5:00pm 7:00-9:00pm	11:00am-9:00pm	10:00am-1:00pm 2:00-9:00pm	1:00-5:30pm
WATER WALKING	11:00am-1:00pm	8:00-9:30am	8:00-9:30am	8:00-9:30am	8:00-9:30am	8:00-9:30am	11:00am-1:00pm
SWIM LESSONS		9:30-10:00am 5:15-5:45pm	9:30-10:00am	9:30-10:00am 5:15-5:45pm	9:30-10:00am	9:30-10:00am	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	
RENTALS		10:30-11:30am					