

AQUATICS Pool Schedules

Schedules are subject to change. All areas of the pool NOT available for each activity.

FEB
1 - 28,
2018

RIDGE Recreation Center (303-409-2333)

| Ridge Activity Pool • 86° - 89° | | | | | | | |
|---|-------------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|--------------------------------------|
| | SUN | MON | TUE | WED | THU | FRI | SAT |
| Open Swim ☺ Second Saturday ♥ Jeffco No School Day | 10am-5:30pm | 10:30am-Noon 3-9pm | 10:30am-Noon 3-9pm | 10:30am-Noon 3-9pm | 10:30am-Noon 3-9pm | 10:30am-Noon 3-9pm | Noon-5:30pm ☺ FEB 10: Noon-9pm |
| | | ♥ FEB 19: 10:30am-9pm | | | | | |
| Water Walking | | 7-10:30am Current Channel | 7-10:30am Current Channel | 7-10:30am Current Channel | 7-10:30am Current Channel | 7-10:30am Current Channel | |

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

| Ridge Lap Pool • 81° - 83° | | | | | | | |
|---------------------------------------|-------------|--------------------------------|---|--------------------------------|---|-----------------------|------------------------------------|
| | SUN | MON | TUE | WED | THU | FRI | SAT |
| Lap Swim ☺ Second Saturday | Noon-5:30pm | 5:30am-3pm 7-9pm | 5:30am-3pm 7-8pm | 5:30am-3pm 7-9pm | 5:30am-3pm 7-8pm | 5:30am-3pm ★ 7-9pm | 9am-5:30pm ☺ FEB 10: 9am-9pm |
| Open Swim ☺ Second Saturday | 1-5:30pm* | 11:30am-3pm* 8-9pm* | 10:30am-3pm* 7:30-9pm* | 10:30am-3pm* 8-9pm* | 10:30am-3pm* 7:30-9pm* | Noon-9pm ★ | 1-5:30pm* ☺ FEB 10: 1-9pm |
| Water Walking | | | 10:30am-12:30pm | 10:30am-12:30pm | 10:30am-12:30pm | | |
| Fitness | | 8:35-9:30am Splash Aerobics | 8:35-9:30am Splash Aerobics 7:05-8pm Splash Aerobics | 8:35-9:30am Splash Aerobics | 8:35-9:30am Splash Aerobics 7:05-8pm Splash Aerobics | | |
| Masters | 9-11am | 5:30-7am | 5:30-7am | 5:30-7am | 5:30-7am | 5:30-7am | 7:30-9am |

*Diving Boards are available upon request and are subject to availability.

| Ridge Therapy Pool* • 91° - 94° (Therapy Pool Use is ONLY for Therapeutic Needs & Scheduled Classes.) | | | | | | | |
|---|-------------|--|---|--|---|---|-------------|
| | SUN | MON | TUE | WED | THU | FRI | SAT |
| Open Therapy / Water Walking | 10am-5:30pm | 7-10:30am 11:30am-1pm 2-5:15pm 5:45-9pm | 9-10am 11am-1pm 2-9pm | 7-10:30am 11:30am-1pm 2-5:15pm 7-9pm | 9-10am 11am-1pm 2-9pm | 7-10am 11am-1pm 2-9pm | 11am-5:30pm |
| Fitness | | 1-2pm Moving for Life | 10-11am Poolates 1-2pm Moving for Life | 10:30-11:30am 6-7pm Poolates 1-2pm Moving for Life | 10-11am Poolates 1-2pm Moving for Life | 10-11am Arthritis Aquatics 1-2pm Moving for Life | |

LILLEY GULCH Recreation Center (303-409-2500)

| Lilley Gulch Pool • 84° - 86° | | | | | | | |
|---|--------------|---|---|---|---|--|----------|
| | SUN | MON | TUE | WED | THU | FRI | SAT |
| Lap Swim | Noon-1pm | 6-8:30am ¹ 11:30am-1pm ² 6-7pm 3 lanes | 4-5:30pm 3 lanes 7:30-8pm 6 lanes 8-8:30pm 3 lanes | 6-8:30am ¹ 11:30am-1pm ² 6-7pm 3 lanes | 4-5:30pm 3 lanes 7:30-8pm 6 lanes 8-8:30pm 3 lanes | 6-8:30am ¹ 11:30am-1pm ² 6:30-8pm 3 lanes | Noon-1pm |
| Parent/Child Open Swim (2½ ft water ONLY) | | 11:30am-1pm ² 6-7pm | 7:30-8:30pm | 11:30am-1pm ² 6-7pm | 7:30-8:30pm | 11:30am-1pm ² 6:30-8pm | |
| Open Swim | 1-3pm | | | | | 6:30-8pm 3 lanes | 1-3pm |
| Water Walking | 10:30am-Noon | | | | | | |
| Fitness | | 8:35-9:30am Splash Aerobics 1:05-2pm Deep Water | | 8:35-9:30am Splash Aerobics 1:05-2pm Deep Water | | 8:35-9:30am Splash Aerobics 1:05-2pm Deep Water | |

¹ Two lanes available 6-7:30am NOV & DEC

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