

# AQUATICS Pool Schedules

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

**DEC 1-21,  
 2018**

## RIDGE Recreation Center (303-409-2333)

Ridge Activity Pool • 86° - 89°							
Activity	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Open Swim</b> ☺ Second Saturday	10am-5:30pm	3-9pm <sup>1</sup>	3-9pm <sup>1</sup>	3-9pm <sup>1</sup>	3-9pm <sup>1</sup>	3-9pm	Noon-5:30pm ☺ DEC 8: Noon-9pm
<b>Water Walking</b>		7-9am Current Channel	7-9am Current Channel	7-9am Current Channel	7-9am Current Channel	7-9am Current Channel	

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

Ridge Lap Pool • 81° - 83°							
Activity	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Lap Swim</b> ☺ 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 ☺ DEC 8: Noon-9pm
<b>Open Swim</b> ☺ Second Saturday	1-5:30pm	11:30am-3pm 8-9pm	11:30am-3pm 7:30-9pm	10:30am-3pm 8-9pm	11:30am-3pm 7:30-9pm	11:30am-3pm 4:30-9pm	1-5:30pm ☺ DEC 8: Noon-9pm
<b>Fitness</b>		8:35-9:30am Splash Aerobics	8:35-9:30am 7:05-8pm Splash Aerobics	8:35-9:30am Splash Aerobics	8:35-9:30am 7:05-8pm Splash Aerobics	8:35-9:30am Splash Aerobics	
<b>Masters</b>	9-11am	5:30-7am 10-11:30am	5:30-7am	5:30-7am	5:30-7am	5:30-7am 10-11:30am	7:30-9am

Ridge Therapy Pool* • 91° - 94°							
*NOTE: Therapy Pool Use is ONLY for those with Therapeutic Needs & Scheduled Classes.							
Activity	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Open Therapy / Water Walking</b>	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
<b>Fitness</b>			10-11am Poolates	10:30-11:30am 6-7pm Poolates	10-11am Poolates	10-11am Arthritis Aquatics	
		1-2pm Moving for Life	1-2pm Moving for Life	1-2pm Moving for Life	1-2pm Moving for Life	1-2pm Moving for Life	

## LILLEY GULCH Recreation Center (303-409-2500)

**DEC 1-21,  
 2018**

Lilley Gulch Pool • 84° - 86°							
Activity	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Lap Swim</b>	Noon-1pm	11:30am-1pm 2 lanes 6-7pm 3 lanes	4-5pm 3 lanes 7:30-8pm 6 lanes 8-8:30pm 3 lanes	11:30am-1pm 2 lanes 6-7pm 3 lanes	4-5pm 3 lanes 7:30-8pm 6 lanes 8-8:30pm 3 lanes	11:30am-1pm 6 lanes 6:30-8pm 3 lanes	Noon-1pm
<b>Parent/Child Open Swim</b> (2½ ft water ONLY)		11:30am-1pm <sup>1</sup> 6-7pm	7:30-8:30pm	11:30am-1pm <sup>1</sup> 6-7pm	7:30-8:30pm	11:30am-1pm <sup>1</sup> 6:30-8pm	
<b>Open Swim</b>	1-3pm					6:30-8pm 3 lanes	1-3pm
<b>Water Walking</b>	10:30am-Noon						
<b>Fitness</b>		11:30am-12:30pm Splash Aerobics 1:05-2pm Deep Water		11:30am-12:30pm Splash Aerobics 1:05-2pm Deep Water		1:05-2pm Deep Water	

<sup>1</sup> 2½ ft. section available to parents with children ages five and under. Parents MUST accompany child into the water.