

AQUATICS Pool Schedules

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

**DEC 22,
 2018
 - JAN 13,
 2019**

RIDGE Recreation Center (303-409-2333)

Ridge Activity Pool • 86° - 89°							
Activity	SUN	MON	TUE	WED	THU	FRI	SAT
Open Swim	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
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°							
Activity	SUN	MON	TUE	WED	THU	FRI	SAT
Lap Swim	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
Open Swim	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
Fitness		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	
Masters	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

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

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
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	10:30-11:30am 6-7pm Poolates	1-2pm Moving for Life	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 22,
 2018
 - JAN 13,
 2019**

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

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