

AQUATICS Pool Schedules

Schedules are subject to change.

All areas of the pool NOT available for each activity.

**AUG
19-30,
2019**

RIDGE Recreation Center (303-409-2333)

★ Pools Closed: MON, AUG 12 – SUN, AUG 18 for Annual Maintenance

★★ Activity Pool Closed: MON, AUG 12 – FRI, AUG 30

Ridge Activity Pool • 86° - 89°							
	SUN	MON	TUE	WED	THU	FRI	SAT
Open Swim							
Water Walking							
ACTIVITY POOL CLOSED FOR RENOVATIONS							

Ridge Lap Pool • 81° - 83°							
	SUN	MON	TUE	WED	THU	FRI	SAT
Lap Swim	11am-5:30pm	5:30am-4:30pm* 7-9pm*	5:30am-4:30pm* 7-9pm*	5:30am-4:30pm* 7-9pm*	5:30am-4:30pm* 7-9pm*	5:30am-4:30pm* 7-9pm*	9am-5:30pm*
Open Swim Area /Diving Boards	1-5:30pm	11:30am-3pm** 8-9pm	11:30am-3pm** 7:30-9pm	11:30am-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	5:30-7am	5:30-7am	5:30-7am	5:30-7am	7:30-9am
*A minimum of 2 lap lanes will be available. Additional lanes will be available upon program needs throughout the day. **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.							
	SUN	MON	TUE	WED	THU	FRI	SAT
Open Therapy / Water Walking	10am-5:30pm	7-10:30am 11:30am-1pm 2-9pm	7-10am 11am-1pm 2-9pm	7-10:30am 11:30am-1pm 2-6pm 7-9pm	7-10am 11am-1pm 2-9pm	7-10am 11am-1pm 2-9pm	11am-5:30pm
Fitness			10-11am Poolates	10:30-11:30am 6-7pm Poolates	10-11am Poolates	10:05-11am 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	

**AUG
19-30,
2019**

LILLEY GULCH Recreation Center (303-409-2500)

★ Building & Pool Closed: MON, AUG 19 – SUN, AUG 25
for Annual Maintenance. Building & Pool re-open MON, AUG 26

Lilley Gulch Pool • 84° - 86°							
	SUN	MON	TUE	WED	THU	FRI	SAT
Lap Swim	10:30am-3pm	8-9am ² 4-5:30pm 7-8pm	4-5:30pm 7-8pm	8-9am ² 4-5:30pm 7-8pm	4-5:30pm 7-8pm	8-9am ² 7-8pm	Noon-3pm
Open Swim Area /Diving Boards	10:30am-3pm	7-8pm	7-8pm	7-8pm	7-8pm	7-8pm	Noon-3pm
Parent/Child Open Swim (2½ ft water ONLY)	10:30am-3pm ¹	8-9am ¹ 4-8pm ¹	4-8pm ¹	8-9am ¹ 4-8pm ¹	4-8pm ¹	4:30-8pm ¹	Noon-3pm ¹
Fitness		8-9am Splash Aerobics		8-9am Splash Aerobics		8-9am Splash Aerobics 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. ² 2 lanes available – share with Splash Aerobics.							