

# AQUATICS Pool Schedules

Schedules are subject to change.

All areas of the pool NOT available for each activity.

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

**SEP 6  
- 30  
2022**

Ridge Activity Pool • 86° - 89°							
	SUN	MON	TUE	WED	THU	★ FRI	SAT
<b>Open Swim</b> ★ No School Day	Noon-4:30pm <sup>1</sup>	4-7:30pm <sup>2</sup>	4-7:30pm <sup>2</sup>	4-7:30pm <sup>2</sup>	4-7:30pm <sup>2</sup>	4-7:30pm <sup>2</sup> ★ SEP 23: ★ 10am-7:30pm <sup>2</sup>	Noon-4:30pm <sup>1</sup>
<b>Play Time</b>		8-10am <sup>3</sup> Playscape area	8-10am <sup>3</sup> Playscape area	8-10am <sup>3</sup> Playscape area	8-10am <sup>3</sup> Playscape area	8-10am <sup>3</sup> Playscape area	
<b>Water Walking</b>		8-10am <sup>4</sup> Current Channel	8-10am <sup>4</sup> Current Channel	8-10am <sup>4</sup> Current Channel	8-10am <sup>4</sup> Current Channel	8-10am <sup>4</sup> Current Channel	

<sup>1</sup> Yellow Water Slide is subject to availability.  
<sup>2</sup> Yellow Water Slide is NOT available MON – FRI.  
<sup>3</sup> Playscape area only: Zero depth entry – 3-ft depth (excludes Current Channel).  
<sup>4</sup> Against the current: 8-8:30am / 9-9:30am • With the current: 8:30-9am / 9:30-10am

Ridge Lap Pool • 81° - 83°							
	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Lap Swim</b> (see note below)	9am-4:30pm	6am-4:30pm** 3-4:30pm* 6:30-8:30pm*	6am-4:30pm** 3-4:30pm* 6:30-8:30pm*	6am-4:30pm** 3-4:30pm* 6:30-8:30pm*	6am-4:30pm** 3-4:30pm* 6:30-8:30pm*	6am-4:30pm** 3-4:30pm* 6:30-8:30pm*	9am-4:30pm**
<b>Open Swim Area / Diving Boards</b>	Noon-4:30pm	Noon-4pm***	Noon-4pm***	Noon-4pm***	Noon-4pm***	Noon-4pm***	Noon-4:30pm
<b>Fitness</b>		8:30-9:30am Splash Aerobics	8:30-9:30am Splash Aerobics	8:30-9:30am Splash Aerobics	8:30-9:30am Splash Aerobics	8:30-9:30am Splash Aerobics	
<b>Masters</b>	7:30-9am	6-7:30am 10:30-am-Noon	6-7:30am	6-7:30am 10:30-am-Noon	6-7:30am	6-7:30am 10:30-am-Noon	

\*A minimum of 4 lap lanes will be available. Additional lanes will be available upon program needs throughout the day.  
 \*\*A minimum of 3 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
<b>Open Therapy / Water Walking</b>	9am-4:30pm	8-10:30am 11am-Noon 2:15-5:15pm 5:45-8:30pm	8am-Noon 2:15-4:30pm 5-6:30pm 7:30-8:30pm	8am-Noon 1:15-5:15pm 5:45-8:30pm	8am-Noon 2:15-4:30pm 5-6:30pm 7:30-8:30pm	8am-Noon 2:15-8:30pm	9:30-10:30am 11am-4:30pm
<b>Fitness</b>		Noon-1pm 1:15-2:15pm Moving for Life	Noon-1pm 1:15-2:15pm Moving for Life 6:30-7:30pm Poolates	Noon-1pm Moving for Life	Noon-1pm 1:15-2:15pm Moving for Life 6:30-7:30pm Poolates	Noon-1pm 1:15-2:15pm Moving for Life	

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

Lilley Gulch Pool • 84° - 86°							
	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Lap Swim</b>	9-10:30am (3 lanes)	4:30-5:30pm (2 lanes)	4:30-5:30pm (2 lanes)	4:30-5:30pm (2 lanes)	4:30-5:30pm (2 lanes)	4:30-5:30pm (2 lanes)	9-10:30am (3 lanes)
<b>Open Swim Area / Diving Boards</b>	10:30am-Noon						10:30am-Noon
<b>Parent/Child Open Swim</b> (2½ ft water ONLY)	9am-Noon <sup>1</sup>	4:30-6pm <sup>1</sup>	4:30-6:30pm <sup>1</sup>	4:30-6pm <sup>1</sup>	4:30-6:30pm <sup>1</sup>		9am-Noon <sup>1</sup>

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

# LIFEGUARDS NEEDED



**Staff benefits include:**

FREE Facility Use • Great Training • Flexible Schedules • Fun Staff Events • Great Rates for Golf & Classes • Get Paid!

To be placed on the interest list for Lifeguarding Classes at Foothills, visit [www.foothills.org/lifeguard-info](http://www.foothills.org/lifeguard-info)