

AQUATICS Pool Schedules

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

RIDGE Recreation Center (303-409-2333)

NOV
1 – 13
2022

Ridge Activity Pool • 86° - 89°

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|----------------------|--------------------------|--|--|--|--|--|--------------------------|
| Open Swim | Noon-4:30pm ¹ | 4-7:30pm ² | 4-7:30pm ² | 4-7:30pm ² | 4-7:30pm ² | 4-7:30pm ² | Noon-4:30pm ¹ |
| Play Time | | 8-10am ³ Playscape area | 8-10am ³ Playscape area | 8-10am ³ Playscape area | 8-10am ³ Playscape area | 8-10am ³ Playscape area | |
| Water Walking | | 8-10am ⁴ Current Channel | 8-10am ⁴ Current Channel | 8-10am ⁴ Current Channel | 8-10am ⁴ Current Channel | 8-10am ⁴ Current Channel | |

¹ Yellow Water Slide is subject to availability.
² Yellow Water Slide is NOT available MON – FRI.
³ Playscape area only: Zero depth entry – 3-ft depth (excludes Current Channel).
⁴ 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 |
|---|---|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|-------------|
| Lap Swim* <i>(see note below)</i> | 9am-4:30pm → NOV 13: Noon-4:30pm due to Swim Meet | 6am-4:30pm 6:35-8:30pm | 6am-4:30pm 6:35-8:30pm | 6am-4:30pm 6:35-8:30pm | 6am-4:30pm 6:35-8:30pm | 6am-4:30pm 6:35-8:30pm | 9am-4:30pm |
| Open Swim Area/ Diving Boards | Noon-4:30pm | Noon-4pm** 7-8:30pm** | Noon-4pm** 7-8:30pm** | Noon-4pm** 7-8:30pm** | Noon-4pm** 7-8:30pm** | Noon-4pm** 7-8:30pm** | Noon-4:30pm |
| Fitness | | 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 | |
| Masters | 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 2 - 4 lap lanes will be available depending 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 | 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 |
| Fitness | | Noon-1pm 1:15-2:15pm Moving for Life | Noon-1pm 1:15-2:15pm 6:30-7:30pm Poolates | Noon-1pm Moving for Life | Noon-1pm 1:15-2:15pm 6:30-7:30pm Poolates | Noon-1pm 1:15-2:15pm Moving for Life | |

LILLEY GULCH Recreation Center (303-409-2500)

Lilley Gulch Pool • 82° - 84°

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|--|------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|------------------------|
| Lap Swim | 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) |
| Open Swim Area/ Diving Boards | 10:30am-Noon | | | | | | 10:30am-Noon |
| Parent/Child Open Swim <i>(2½ ft water ONLY)</i> | 9am-Noon ¹ | 4:30-5:30pm ¹ | 4:30-5:30pm ¹ | 4:30-5:30pm ¹ | 4:30-5:30pm ¹ | | 9am-Noon ¹ |

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