

# AQUATICS Pool Schedules

Schedules are subject to change.

All areas of the pool NOT available for each activity.

**RIDGE Recreation Center (303-409-2333)**  
**CLOSED AUG 7 – 13 for Annual Maintenance**

**MAY 27  
– AUG 13  
2023**

Ridge Activity Pool • 86° - 89°							
	SUN	MON	TUE	WED	THU	FRI	SAT
Open Swim	11am-4:30pm	11am-7:30pm <sup>1</sup>	11am-7:30pm	11am-7:30pm <sup>1</sup>	11am-7:30pm	11am-7:30pm	11:30am-4:30pm
Water Walking		7-10am Current Channel	7-10am Current Channel	7-10am Current Channel	7-10am Current Channel	7-10am Current Channel	

<sup>1</sup> Yellow Water Slide closes at 4:30 p.m.

**Splash Pad at Ridge Recreation Center is OPEN and included with your daily admission!**  
**MON – FRI: 11am – 7:30pm**  
**SAT & SUN: Noon – 4:30pm**

Ridge Lap Pool • 81° - 83°							
	★ SUN	MON	TUE	WED	THU	FRI	SAT
Lap Swim (★ see note below)	9am-4:30pm <sup>1</sup>	6am-8:30pm <sup>1</sup>	6am-8:30pm <sup>1</sup>	6am-8:30pm <sup>1</sup>	6am-8:30pm <sup>1</sup>	6am-8:30pm <sup>1</sup>	9am-4:30pm <sup>1</sup>
Open Swim Area /Diving Boards	11:30am-4:30pm	Noon-4:30pm <sup>2</sup>	11:30am-4:30pm <sup>2</sup>	11:30am-4:30pm <sup>2</sup>	11:30am-4pm <sup>2</sup>	Noon-7pm <sup>2</sup>	11:30am-4:30pm
Masters	7:30-9am	6-7:30am 10:30am-Noon	6-7:30am	6-7:30am	6-7:30am	6-7:30am 10:30am-Noon	
Fitness		8-9am (3 open lanes)		8-9am (3 open lanes)		8-9am (3 open lanes)	

<sup>1</sup> A minimum of 3 lap lanes will be available. Additional lanes will be available upon program needs throughout the day.  
<sup>2</sup> Diving Boards are available upon request and are subject to availability.  
★ SUN, JUN 25: Lap Pool closed until Noon for a swim meet.

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	8-10am 11am-Noon 2:30-4:30pm 5:45-8:30pm	8-11:45am 2:30-6:30pm 7:30-8:30pm	8-11:45am 1:15-4:30pm 5:45-8:30pm	8-11:45am 2:30-6:30pm 7:30-8:30pm	8-11:45am 2:30-8:30pm	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 • 84° – 86°							
	SUN	MON	TUE	WED	THU	FRI	SAT
Lap Swim	9am-3pm	11:15am-1pm <sup>1</sup> 3:30-7pm <sup>1</sup>	9:45am-1pm <sup>1</sup> 3:30-7pm <sup>1</sup>	9:45am-1pm <sup>1</sup> 3:30-7pm <sup>1</sup>	9:45am-1pm <sup>1</sup> 3:30-7pm <sup>1</sup>	9:45am-2:30pm <sup>1</sup> 3:30-7pm <sup>1</sup>	9am-3pm
Parent/Child Open Swim (2½ ft water ONLY)		3:30-7pm <sup>2</sup>	3:30-7pm <sup>2</sup>	3:30-7pm <sup>2</sup>	3:30-7pm <sup>2</sup>	3:30-7pm <sup>2</sup>	
Open Swim Area /Diving Boards			5:30-7pm		5:30-7pm		

<sup>1</sup> A minimum of 2 Lap Lanes will be available.  
<sup>2</sup> 2½ ft. section available to parents with children ages five and under. Parents MUST accompany child into the water.

# LIFEGUARDS NEEDED

**YOU can be a Lifeguard.** We'll certify or re-certify you!

**Currently certified?** Submit an application online at: [www.foothills.org/jobs](http://www.foothills.org/jobs)

**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)

