

Indoor Pool Schedules

December 1 – 19, 2023

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

Ridge Recreation Center (303-409-2333)

Ridge Activity Pool, temperature kept at 86 - 89 degrees

Play Time Playscape area only: Zero depth entry – 3 ft. depth, excludes Current Channel.

- Offered Monday – Friday, 8 – 10 a.m.

Water Walking

- Offered Monday – Friday, 8 – 10 a.m. in the Current Channel.

Open Swim

- Offered Saturday and Sunday, Noon – 4:30 p.m.
- Offered Monday – Friday, 4 – 8:30 p.m.

Yellow Water Slide is **not available** Monday – Thursday and is subject to availability on Friday.

Ridge Lap Pool, temperature kept at 81 - 83 degrees

Lap Swim

- Offered Saturday and Sunday, 9 a.m. – 4:30 p.m.
- Offered Monday – Thursday, 6 a.m. – 4:30 p.m. and 7:30 – 8:45 p.m.
- Offered Friday, 6 a.m. – 8:30 p.m.

A minimum of 2-4 lap lanes will be available depending upon program needs throughout the day.

Note: December 1 and December 15, Lap Pool closes at 2:45 p.m. for swim meets.

Open Swim Area / Diving Boards Diving Boards available upon request and are subject to availability.

- Offered Saturday and Sunday, Noon – 4:30 p.m.
- Offered Monday – Friday, Noon – 3:30 p.m.

Masters

- Offered Sunday, 7:30 – 9 a.m.
- Offered Monday – Friday, 6 – 7:30 a.m.
- Offered Monday, Wednesday, Friday, 10:30 a.m. – Noon

Fitness: Splash Aerobics

- Offered Monday – Friday, 8:30 – 9:30 a.m.

Indoor Pool Schedules

December 1 – 19, 2023

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

Ridge Recreation Center (303-409-2333)

Ridge Therapy Pool, temperature kept at 91 - 94 degrees

- **Note: Therapy Pool Use is *Only* for those with Therapeutic Needs & Scheduled Classes.**

Open Therapy / Water Walking

- Offered Saturday at 9:30 – 10:30 a.m. and 11 a.m. – 4:30 p.m.
- Offered Sunday, 11 a.m. – 4:30 p.m.
- Offered Monday, 8 – 10 a.m., 11 a.m. – Noon, 2:15 p.m. – 5:15 p.m., and 5:45 – 8:30 p.m.
- Offered Tuesday, 8 a.m. – Noon., 2:15 p.m. – 4:30 p.m., 5 – 6:30 p.m., and 7:30 – 8:30 p.m.
- Offered Wednesday, 8 a.m. – Noon., 1 – 5:15 p.m., and 5:45 – 8:30 p.m.
- Offered Thursday, 8 a.m. – Noon., 2:15 p.m. – 4:30 p.m., 5 – 6:30 p.m., and 7:30 – 8:30 p.m.
- Offered Friday, 8 a.m. – Noon., and 2:15 – 8:30 p.m.

Fitness: Moving for Life

- Offered Monday, Wednesday, Thursday, Friday, Noon – 1 p.m.
- Offered Monday, Thursday, Friday, 1:15 – 2:15 p.m.
- Offered Tuesday, Thursday, 6:30 – 7:30 p.m.

Fitness: Poolates

- Offered Tuesday, Noon – 1 p.m. and 1:15 – 2:15 p.m.

Lilley Gulch Recreation Center (303-409-2500)

Lilley Gulch Pool, temperature kept at 81 - 83 degrees

Lap Swim

- Offered Saturday and Sunday, 9 – 11 a.m., 4 – 6 lanes available
- Offered Monday – Thursday, 4 – 5 p.m., 1 lane available
- Offered Tuesday and Thursday, 5 – 8:30 p.m., 2 lanes available
- Offered Wednesday, 5 – 7:30 p.m., 2 lanes available
- Offered Friday, 4 – 7:30 p.m., 2 lanes available

Parent/Child Open Swim – 2½ feet water only – see Note below

- Offered Saturday and Sunday, 9 – 11 a.m.
- Offered Monday – Friday, 4 – 7:30 p.m.

Note: Parents must accompany child into the water.