

# Indoor Pool Schedules

## February 12 – March 17, 2024



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 through Friday, 8 – 10 a.m.

#### Water Walking

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

#### Open Swim, see Notes below

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

**Notes:** Friday, February 16 and Monday, February 19, offered 10 a.m. – 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, see Notes below

- Offered Saturday and Sunday, 9 a.m. – 4:30 p.m.
- Offered Monday through 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 during the hours noted above.

**Notes:** Friday, March 1, 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 through Friday, Noon – 3:30 p.m.

#### Masters

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

#### Fitness: Splash Aerobics

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

Date issued: February 29, 2024

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### 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 – 10:20 a.m. and 10:50 a.m. – 4:30 p.m.
- Offered Sunday, 11 a.m. – 4:30 p.m.
- Offered Monday, 8 a.m. – Noon, 2:15 p.m. – 5:20 p.m., and 5:50 – 8:30 p.m.
- Offered Tuesday, 8 a.m. – Noon., 2:15 p.m. – 4:40 p.m., 5:10 – 6:30 p.m., and 7:30 – 8:30 p.m.
- Offered Wednesday, 8 a.m. – Noon., 1 – 5:20 p.m., and 5:50 – 8:30 p.m.
- Offered Thursday, 8 a.m. – Noon., 2:15 p.m. – 4:40 p.m., 5:10 – 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 through Thursday, 4 – 5 p.m., 2 lanes available
- Offered Tuesday through Friday, 5 – 7:30 p.m., 2 lanes available
- Offered Friday, 4 – 5 p.m., 6 lanes available

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

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

**Note: Parents must accompany child into the water.**

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