

# Indoor Pool Schedules

## May 1 to 24, 2024



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

### **Ridge Recreation Center, phone (303)409-2333**

#### **Ridge Activity Pool, temperature kept at 86 to 88 degrees**

**Play Time** Playscape area only: Zero depth entry to 3 feet depth.

- Offered Monday through Friday at 8 a.m. to 10 a.m.
- Excludes Current Channel

#### **Water Walking**

- Offered Monday through Friday at 8 a.m. to 10 a.m. in the Current Channel.

#### **Open Swim**

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

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

#### **Ridge Lap Pool, temperature kept at 81 to 83 degrees**

##### **Lap Swim, see Note below**

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

A minimum of 2 to 4 lap lanes will be available depending upon program needs during the hours noted above.

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

- Offered Saturday and Sunday at Noon to 4:30 p.m.
- Offered Monday through Friday at Noon to 3:30 p.m.

#### **Masters**

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

#### **Fitness: Splash Aerobics**

- Offered Monday through Friday at 8:30 a.m. to 9:30 a.m.

Date issued: April 9, 2024

# Indoor Pool Schedules

## May 1 to 24, 2024



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

### **Ridge Recreation Center, phone (303)409-2333**

#### **Ridge Therapy Pool, temperature kept at 91 to 94 degrees**

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

#### **Open Therapy / Water Walking**

- Offered Saturday at 9:30 a.m. to 10:20 a.m. and 10:50 a.m. to 4:30 p.m.
- Offered Sunday at 11 a.m. to 4:30 p.m.
- Offered Monday at 8 a.m. to Noon, 2:15 p.m. to 5:20 p.m., and 5:50 p.m. to 8:30 p.m.
- Offered Tuesday at 8 a.m. to Noon, 2:15 p.m. to 4:40 p.m., 5:10 p.m. to 6:30 p.m., and 7:30 p.m. to 8:30 p.m.
- Offered Wednesday at 8 a.m. to Noon, 1 p.m. to 5:20 p.m., and 5:50 p.m. to 8:30 p.m.
- Offered Thursday at 8 a.m. to Noon, 2:15 p.m. to 4:40 p.m., 5:10 p.m. to 6:30 p.m., and 7:30 p.m. to 8:30 p.m.
- Offered Friday at 8 a.m. to Noon., and 2:15 p.m. to 8:30 p.m.

#### **Fitness: Moving for Life**

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

#### **Fitness: Poolates**

- Offered Tuesday at Noon to 1 p.m. and 1:15 p.m. to 2:15 p.m.

### **Lilley Gulch Recreation Center, phone (303)409-2500**

#### **Lilley Gulch Pool, temperature kept at 81 to 83 degrees**

#### **Lap Swim**

- Offered Saturday and Sunday at 9 a.m. to 11 a.m., 4 to 6 lanes available
- Offered Monday through Thursday at 4 p.m. to 5 p.m., 2 lanes available
- Offered Tuesday through Friday at 5 p.m. to 7:30 p.m., 2 lanes available
- Offered Friday at 4 p.m. to 5 p.m., 6 lanes available

#### **Parent/Child Open Swim, Parents must accompany child into the water (2½ feet water only)**

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

Date issued: April 9, 2024