

LAP POOL SCHEDULE

JANUARY 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Lap Swim <i>All lap swimmers must be willing to share lanes and circle swim if needed.</i> <i>Lane availability may be restricted due to programming at varying times.</i>	4 Lanes: 7:00 AM – 7:45 PM	4 Lanes: 5:00 AM – 9:30 AM 10:30 AM – 4:00 PM 8:30 PM – 9:45 PM 2 Lanes: 4:30 PM – 8:30 PM <i>Due to Lessons</i> 1 Lane: 9:30 AM – 10:30 AM <i>Due to Aqua Fitness</i>	4 Lanes: 5:00 AM – 9:30 AM 10:30 AM – 4:00 PM 7:15 PM – 9:45 PM 2 Lanes: 4:30 PM – 7:15 PM <i>Due to Programs</i> 1 Lane: 9:30 AM – 10:30 AM <i>Due to Aqua Fitness</i>	4 Lanes: 5:00 AM – 9:30 AM 10:30 AM – 4:00 PM 8:30 PM – 9:45 PM 2 Lanes: 4:30 PM – 8:30 PM <i>Due to Lessons</i> 1 Lane: 9:30 AM – 10:30 AM <i>Due to Aqua Fitness</i>	4 Lanes: 5:00 AM – 9:30 AM 10:30 AM – 4:00 PM 7:30 PM – 9:45 PM 2 Lanes: 4:30 PM – 6:30 PM <i>Due to Lessons</i> 1 Lane: 9:30 AM – 10:30 AM 6:45 PM – 7:30 PM <i>Due to Aqua Fitness</i>	4 Lanes: 5:00 AM – 6:00 AM 7:15-9:30 AM 10:30 AM – 8:45 PM 2 Lanes: 6-7:15AM <i>Due to Adult Conditioning</i> 1 Lane: 9:30 AM – 10:30 AM <i>Due to Aqua Fitness</i>	4 Lanes: 6:00 AM – 9:00 AM 12:00 PM – 6:00 PM 2 Lanes: 9:00 AM – 12:00 PM <i>Due to Lessons</i>
Aqua Fitness	No Classes	Splash 9:30 AM – 10:30 AM	Aqua Zumba 9:30 AM – 10:30 AM Open for Deep Water Aquacise 6:30 – 7:15 PM	Splash 9:30 AM – 10:30 AM	Splash 9:30 AM – 10:30 AM Splash 6:45 PM – 7:30 PM	Splash 9:30 AM – 10:30 AM	No Classes
Hot Tub, Sauna and Steam Room	7:00 AM – 7:45 PM <i>*Hot Tub may close at 6:45pm for cleaning. Please call ahead.</i>	5:00 AM – 9:45 PM <i>*Closed for cleaning 7:30-8AM Daily</i>	5:00 AM – 9:45 PM <i>*Closed for cleaning 7:30-8AM Daily</i>	5:00 AM – 9:45 PM <i>**Spa closes at 7:30PM for cleaning **</i>	5:00 AM – 9:45 PM <i>*Closed for cleaning 7:30-8AM Daily</i>	5:00 AM – 8:45 PM <i>*Closed for cleaning 7:30-8AM Daily</i>	6:00 AM – 6:00 PM

POOL SCHEDULE NOTES:

- Session 3 of Swim Lessons runs January 2 - 29. Pool space will be limited during these times.
- **Scout Troops and Groups of 10 or more wishing to utilize the aquatics area must contact the Aquatics Supervisor at least one week in advance.**
- Only four swimmers in one lane at a time. Please share lanes and be willing to circle swim when necessary (*Swim lessons excluded*).
- Please shower with warm, soapy water before entering the pool or hot tub.

For questions regarding the Aquatics program, please contact the Aquatics Supervisor at 303-269-8410.

Pool Schedule is subject to change without notice. Pool space may be shared between activities.

Online Registration, Schedules and More available 24/7 at:
www.trailsrecreationcenter.org



Revised: 12/27/17