

# LAP POOL SCHEDULE

## JANUARY 2019

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Adult Lap Swim</b> <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>	<b>4 Lanes:</b> 7:00 AM – 7:30 PM	<b>4 Lanes:</b> 5:00 AM – 9:30 AM 10:30 AM – 4:00 PM 8:30 PM – 9:30 PM  <b>2 Lanes:</b> 4:30 PM – 8:30 PM <i>Due to Lessons</i>  <b>1 Lane:</b> 9:30 AM – 10:30 AM <i>Due to Aqua Fitness</i>	<b>4 Lanes:</b> 5:00 AM – 9:30 AM 10:30 AM – 4:00 PM 7:15 PM – 9:30 PM  <b>2 Lanes:</b> 4:30 PM – 7:15 PM <i>Due to Programs</i>  <b>1 Lane:</b> 9:30 AM – 10:30 AM <i>Due to Aqua Fitness</i>	<b>4 Lanes:</b> 5:00 AM – 8:30 AM 9:30 AM – 4:30 PM 8:30 PM – 9:30 PM  <b>1 Lane:</b> 8:30AM – 9:30AM <i>Due to Aqua Fitness</i>  <b>2 Lanes:</b> 4:30 PM – 8:30 PM <i>Due to Lessons</i>	<b>4 Lanes:</b> 5:00 AM – 9:30 AM 10:30 AM – 4:00 PM 7:30 PM – 9:30 PM  <b>2 Lanes:</b> 4:30 PM – 6:30 PM <i>Due to Lessons</i>  <b>1 Lane:</b> 9:30 AM – 10:30 AM 6:45 PM – 7:30 PM <i>Due to Aqua Fitness</i>	<b>4 Lanes:</b> 5:00 AM – 9:30 AM 10:30 AM – 8:30 PM  <b>1 Lane:</b> 9:30 AM – 10:30 AM <i>Due to Aqua Fitness</i>	<b>4 Lanes:</b> 6:00 AM – 9:00 AM 12:00 PM – 6:00 PM  <b>2 Lanes:</b> 9:00 AM – 12:00 PM <i>Due to Lessons</i>
<b>Aqua Fitness</b>	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	Deep Water Splash 8:30 AM – 9:30 AM	Splash 9:30 AM – 10:30 AM  Splash 6:45 PM – 7:30 PM	Splash 9:30 AM – 10:30 AM	No Classes
<b>Hot Tub, Sauna and Steam Room</b>	7:00 AM – 7:30 PM *Hot Tub may close at 6:30pm for cleaning. Please call ahead.	5:00 AM – 9:30 PM *Closed for cleaning 7:30-8AM Daily	5:00 AM – 9:30 PM *Closed for cleaning 7:30-8AM Daily	5:00 AM – 9:30 PM **Spa closes at 7:30PM for cleaning **	5:00 AM – 9:30 PM *Closed for cleaning 7:30-8AM Daily	5:00 AM – 8:30 PM *Closed for cleaning 7:30-8AM Daily	6:00 AM – 6:00 PM

### POOL SCHEDULE NOTES:

- Session 3 of Swim Lessons runs January 7 – February 2. 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.**

Revised: 12/23/18

Online Registration, Schedules and More available 24/7 at:  
[www.trailsrecreationcenter.org](http://www.trailsrecreationcenter.org)



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