

# LAP POOL SCHEDULE

## MARCH 2018

Red Cross Lifeguard Training will be utilizing the Lap Pool March 26-30 from 9:30a-5:30p. Pool space may be limited during these times.

	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 – 7:45 PM	<b>4 Lanes:</b> 5:00 AM – 9:30 AM 10:30 AM – 4:00 PM 8:30 PM – 9:45 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 – 9:45 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 – 9:30 AM 10:30 AM – 4:00 PM 8:30 PM – 9:45 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 7:30 PM – 9:45 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 – 6:00 AM 7:15-9:30 AM 10:30 AM – 8:45 PM  <b>2 Lanes:</b> 6-7:15AM <i>Due to Adult Conditioning</i>  <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	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
<b>Hot Tub, Sauna and Steam Room</b>	7:00 AM – 7:45 PM *Hot Tub may close at 6:45pm for cleaning. Please call ahead.	5:00 AM – 9:45 PM *Closed for cleaning 7:30-8AM Daily	5:00 AM – 9:45 PM *Closed for cleaning 7:30-8AM Daily	5:00 AM – 9:45 PM **Spa closes at 7:30PM for cleaning **	5:00 AM – 9:45 PM *Closed for cleaning 7:30-8AM Daily	5:00 AM – 8:45 PM *Closed for cleaning 7:30-8AM Daily	6:00 AM – 6:00 PM

### POOL SCHEDULE NOTES:

- Session 5 of Swim Lessons runs March 12 – April 14. 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](http://www.trailsrecreationcenter.org)



Revised: 2/26/2018