

LAP POOL SCHEDULE

NOVEMBER 2018

THANKSGIVING HOURS:
 (Thursday, November 22)
 Pool 5:00am-2:30pm
 Facility 5:00am-3:00pm

| | 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 – 7:30 PM | 4 Lanes: 5:00 AM – 9:30 AM 10:30 AM – 4:00 PM 8:30 PM – 9:30 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 – 9:30 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 – 8:30 AM 9:30 AM – 4:30 PM 8:30 PM – 9:30 PM 1 Lane: 8:30AM – 9:30AM <i>Due to Aqua Fitness</i> 2 Lanes: 4:30 PM – 8:30 PM <i>Due to Lessons</i> | 4 Lanes: 5:00 AM – 9:30 AM 10:30 AM – 4:00 PM 7:30 PM – 9:30 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 – 9:30 AM 10:30 AM – 8:30 PM 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 | 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 |
| Hot Tub, Sauna and Steam Room | 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 2 of Swim Lessons runs November 12 – December 15 (No lessons 11/19-11/24). 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: 10/28/18

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



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