



# POOL SCHEDULE

## SEPTEMBER 2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ADULT WATER WALKING / AQUACISE</b> <i>Ages 15+</i>	7:00 AM – 10:00 AM	5:00 AM – 10:00 AM	5:00 AM – 10:00 AM	5:00 AM – 10:00 AM	5:00 AM – 10:00 AM	5:00 AM – 10:00 AM	7:00 AM – 9:00 AM
<b>AQUA FITNESS CLASSES</b> <i>(1 lane available for lap swim during classes)</i>	No classes	<b>SPLASH! w/ Nancy</b> 8:30 AM – 9:30 AM <i>(Lap Pool)</i>  <b>SPLASH! w/ Calisse</b> 10:00 AM – 11:00 AM <i>(Lap Pool)</i>	<b>SPLASH! w/ Terri</b> 8:30 AM – 9:30 AM <i>(Lap Pool)</i>	<b>Deep Water SPLASH! w/ Karmen</b> 8:30 AM – 9:30 AM <i>(Lap Pool)</i>  <b>SPLASH! w/ Karmen</b> 9:30 AM – 10:30 AM <i>(Lap Pool)</i>	<b>SPLASH! w/ Karmen</b> 8:30 AM – 9:30 AM <i>(Lap Pool)</i>	<b>Deep Water SPLASH! w/ Karmen</b> 8:30AM-9:30AM <i>(Lap Pool)</i>	No classes
<b>ADULT LAP SWIM</b> <i>Lane availability may be restricted due to programming</i>  <i>Circle Swimming may be required during peak usage.</i>	7:00 AM – 4:30 PM <i>(4 Lanes)</i>	5:00 AM – 8:30 AM 11:00 AM – 4:30 PM <i>(4 Lanes)</i>  4:30 PM – 7:00 PM <i>(2 Lanes)</i>  7:00 PM – 8:30 PM <i>(4 Lanes)</i>	5:00 AM – 8:30 AM 9:30 AM – 4:30 PM 6:30 PM – 8:30 PM <i>(4 Lanes)</i>  4:30 PM – 6:30 PM <i>(2 Lanes)</i>	5:00 AM – 8:30 AM 10:30 AM – 4:30 PM <i>(4 Lanes)</i>  4:30 PM – 7:00 PM <i>(2 Lanes)</i>  7:00 – 8:30 PM <i>(4 Lanes)</i>	5:00 AM – 8:30 AM 9:30 AM – 4:30 PM <i>(4 Lanes)</i>  4:30 PM – 6:30 PM <i>(2 Lanes)</i>  6:30 PM – 8:30 PM <i>(4 Lanes)</i>	5:00 AM – 8:30 AM 9:30 AM – 7:30 PM <i>(4 Lanes)</i>	7:00 AM – 9:00 AM <i>(4 Lanes)</i>  9:00 AM – 12:00 PM <i>(2 lanes)</i>  12:00 PM – 4:30 PM <i>(4 lanes)</i>
<b>OPEN (FAMILY) SWIM</b> <i>Includes Activity pool, waterslides, and lazy river</i>	10:00 AM – 4:30 PM	10:00 AM – 4:30 PM 7:00 PM – 8:30 PM	10:00 AM – 4:30 PM 6:30 PM – 8:30 PM	10:00 AM – 4:30 PM 7:00 PM – 8:30 PM	10:00 AM – 4:30 PM 6:30 PM – 8:30 PM	10:00 AM – 7:30 PM	12:00 PM – 4:30 PM
<b>LEARN-TO-SWIM</b> <i>(pool closed for public use)</i>	<b>PRIVATE LESSONS</b> 9:00 AM – 12:00 PM <i>** 5ft area of Activity pool closed for lessons</i>	<b>GROUP SWIM LESSONS</b> 4:30 PM – 7:50 PM	<b>GROUP SWIM LESSONS</b> 4:30 PM – 6:30 PM	<b>GROUP SWIM LESSONS</b> 4:30 PM – 7:50 PM	<b>GROUP SWIM LESSONS</b> 4:30 PM – 6:30 PM	<b>PRIVATE LESSONS</b> 4:30 PM – 6:30 PM <i>** 5ft area of Activity pool closed for lessons</i>	<b>GROUP SWIM LESSONS</b> 9:00 AM – 12:00 PM
<b>HOT TUB, STEAM ROOM &amp; SAUNA</b>	7:00 AM – 4:30 PM** <i>**Hot Tub Closes for cleaning at 4:00 PM</i>	5:00 AM – 8:30 PM	5:00 AM – 8:30 PM	5:00 AM – 8:30 PM	5:00 AM – 8:30 PM	5:00 AM – 7:30 PM	7:00 AM – 4:30 PM

For the most up-to-date information regarding Aquatics programs and activities, please visit our website at [www.trailsrecreationcenter.org](http://www.trailsrecreationcenter.org).  
For help with swim lessons and aquatics programs, please call the Learn-to-Swim Coordinator at 303 269-8430 or email [sarahhahn@aprd.org](mailto:sarahhahn@aprd.org)

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

Children ages 5 and under must be actively supervised by a responsible adult, who is in the water, wearing a swimsuit, and within arm's reach at all times.  
**Groups of ten or more are required to make arrangements with the Aquatics department at least one week prior to visiting.** For more information, please call 303 269-8410 or email [aubriejun@aprd.org](mailto:aubriejun@aprd.org).