



POOL SCHEDULE

NOVEMBER 2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADULT WATER WALKING / AQUACISE <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
AQUA FITNESS CLASSES <i>(1 lane available for lap swim during classes)</i>	No classes	SPLASH! w/ Nancy 8:30 AM – 9:30 AM <i>(Lap Pool)</i> SPLASH! w/ Calisse 10:00 AM – 11:00 AM <i>(Lap Pool)</i>	SPLASH! w/ Terri 8:30 AM – 9:30 AM <i>(Lap Pool)</i>	Deep Water SPLASH! w/ Karmen 8:30 AM – 9:30 AM <i>(Lap Pool)</i> SPLASH! w/ Karmen 9:30 AM – 10:30 AM <i>(Lap Pool)</i>	SPLASH! w/ Karmen 8:30 AM – 9:30 AM <i>(Lap Pool)</i>	Deep Water SPLASH! w/ Karmen 8:30AM-9:30AM <i>(Lap Pool)</i>	No classes
ADULT LAP SWIM <i>Lane availability may be restricted due to programming</i> <i>CirIce 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 – 8:30AM <i>(4 Lanes)</i> 8:30AM -9:30AM <i>(1 Lane)</i> 9:30AM- 7:30AM <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>
OPEN (FAMILY) SWIM <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
LEARN-TO-SWIM <i>(pool closed for public use)</i>	PRIVATE LESSONS 9:00 AM – 12:00 PM <i>** 5ft area of Activity pool closed for lessons</i>	GROUP SWIM LESSONS 4:30 PM – 7:50 PM	GROUP SWIM LESSONS 4:30 PM – 6:30 PM	GROUP SWIM LESSONS 4:30 PM – 7:50 PM	GROUP SWIM LESSONS 4:30 PM – 6:30 PM	PRIVATE LESSONS 4:30 PM – 6:30 PM <i>** 5ft area of Activity pool closed for lessons</i>	GROUP SWIM LESSONS 9:00 AM – 12:00 PM
HOT TUB, STEAM ROOM & SAUNA	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.
For help with swim lessons and aquatics programs, please call the Learn-to-Swim Coordinator at 303 269-8430 or email 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.