



POOL SCHEDULE

JANUARY 2021

NOTICE:

Reservations are required for all pool activities. Please be considerate of other swimmers by leaving the pool area promptly at the end of your designated appointment timeframe.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Water Walking / Aqua Fitness	7:00 AM – 10:00 AM	5:00 AM – 4:00 PM 7:00 – 7:30 PM	5:00 AM – 9:30 AM 12:00 PM – 4:00 PM 6:30 – 7:30 PM	5:00 AM – 4:00 PM <i>(river closed for class 8:45 – 10:00 AM)</i> 7:00 – 7:30 PM	5:00 AM – 4:00 PM 6:30 – 7:30 PM	5:00 AM – 11:00 AM 3:00 PM – 7:30 PM	7:00 AM – 9:00 AM 12:00 PM – 2:30 PM
Aqua Fitness Classes	No classes	SPLASH! 8:45 AM – 9:45 AM <i>(Lap Pool)</i> SPLASH! 10:00 AM – 10:45 AM <i>(Lap Pool)</i>	No classes	RIVER WORKOUT 8:45 – 9:45 AM <i>(Activity Pool)</i>	No classes	No classes	No classes
Adult Lap Swim <i>Lane availability may be restricted due to programming</i> 2 people per lane <i>(circle swimming may be required)</i>	7:00 AM – 9:00 AM 11:00 AM – 2:30 PM <i>(4 Lanes)</i> 9:00 AM – 11:00 AM <i>(2 lanes)</i> New! Youth Lap Swim 9:00 AM – 11:00 AM <i>(2 Lanes)</i>	5:00 AM – 8:00 AM 11:00 AM – 4:00 PM <i>(4 Lanes)</i> 4:00 PM – 7:00 PM <i>(2 Lanes)</i> 7:00 – 7:30 PM <i>(4 Lanes)</i>	5:00 AM – 4:30 PM <i>(4 Lanes)</i> 4:30 PM – 7:30 PM <i>(2 Lanes)</i>	5:00 AM – 4:30 PM <i>(4 Lanes)</i> 4:30 PM – 7:00 PM <i>(2 Lanes)</i> 7:00 – 7:30 PM <i>(4 Lanes)</i>	5:00 AM – 4:30 PM <i>(4 Lanes)</i> 4:30 PM – 7:30 PM <i>(2 Lanes)</i>	5:00 AM – 7:00 PM <i>(4 Lanes)</i>	5:00 AM – 9:00 AM <i>(4 Lanes)</i> 9:00 AM – 12:00 PM <i>(2 lanes)</i> 12:00 PM – 2:30 PM <i>(4 lanes)</i>
Parent/Tot Swim Time <i>(Ages 5 and Under)</i>	PARENT/TOT SWIM 10:30 AM – 2:30 PM	PARENT/TOT SWIM 11:00 AM – 3:00 PM	N/A	PARENT/TOT SWIM 11:00 AM – 3:00 PM	N/A	PARENT/TOT SWIM 11:00 AM – 3:00 PM	N/A
Learn-to-Swim Programming <i>(pool closed for public use)</i>	No Group Lessons	SWIM LESSONS 4:30 PM – 7:00 PM	SWIM LESSONS 9:30 AM – 11:30 AM & 4:30 PM – 6:30 PM	SWIM LESSONS 4:30 PM – 7:00 PM	SWIM LESSONS 9:30 AM – 11:30 AM & 4:30 PM – 6:30 PM	No Group Lessons	SWIM LESSONS 9:00 AM – 12:00 PM

*For the most up-to-date information regarding Aquatics programs and activities, please visit our website at www.trailsrecreationcenter.org.
For information regarding swim lessons and Aquatics programs, please call the Learn-to-Swim Coordinator at 303 269-8430*

The Sauna, Steam Room and Spa are currently closed due to COVID-19.

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