

September 2021 Indoor Lap Pool Schedule Colorado Springs

Updated 9/1/2021

Monday Indoor Lap Pool					
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
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12:00 PM					
12:30 PM					
1:00 PM			Lap Swim		
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Tuesday Indoor Lap Pool					
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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1:00 PM			Lap Swim		
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Wednesday Indoor Lap Pool					
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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1:00 PM			Lap Swim		
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Thursday Indoor Lap Pool					
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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1:00 PM			Lap Swim		
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Friday Indoor Lap Pool					
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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8:00 PM					

Saturday Indoor Lap Pool					
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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7:00 AM					
7:30 AM					
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8:30 PM					

Sunday Indoor Lap Pool					
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:30 AM					
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Pool Guidelines
Pool schedules and availability are subject to change.

Session Descriptions
Lap Swim - Outdoor Adult Pool: During lap swim, there are no lifeguards on duty. Two Lap Swimmers per lane are permitted. Swimmers must take breaks on opposite ends of the pool.

September 2021 Indoor Therapy Pool Schedule Colorado Springs

Updated 9/1/2021

Monday	
Time	Indoor Therapy pool
	Rec Area
5:00 AM	Adult Open Swim
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	Gentile Aqua (RSVP Required)
12:30 PM	
1:00 PM	Open Swim
1:30 PM	
2:00 PM	
2:30 PM	
3:00 PM	
3:30 PM	Group Swim Lessons
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
6:00 PM	Open Swim
6:30 PM	
7:00 PM	
7:30 PM	
8:00 PM	
8:30 PM	
9:00 PM	
9:30 PM	

Tuesday	
Time	Indoor Therapy pool
	Rec Area
5:00 AM	Adult Open Swim
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	Open Swim
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	
2:30 PM	Group Swim Lessons
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	Open Swim
5:30 PM	
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6:30 PM	
7:00 PM	
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Wednesday	
Time	Indoor Therapy pool
	Rec Area
5:00 AM	Adult Open Swim
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	Gentile Aqua (RSVP Required)
11:00 AM	
11:30 AM	Open Swim
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	Group Swim Lessons
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	Open Swim
5:00 PM	
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Thursday	
Time	Indoor Therapy pool
	Rec Area
5:00 AM	Adult Open Swim
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6:30 AM	
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11:30 AM	
12:00 PM	Open Swim
12:30 PM	
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1:30 PM	
2:00 PM	
2:30 PM	Group Swim Lessons
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5:00 PM	Open Swim
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Friday	
Time	Indoor Therapy pool
	Rec Area
5:00 AM	Adult Open Swim
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12:00 PM	Open Swim
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Saturday	
Time	Indoor Therapy pool
	Rec Area
6:30 AM	Adult Open Swim
7:00 AM	
7:30 AM	
8:00 AM	
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9:00 AM	
9:30 AM	
10:00 AM	Group Swim Lessons
10:30 AM	
11:00 AM	
11:30 AM	Open Swim
12:00 PM	
12:30 PM	
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Sunday	
Time	Indoor Therapy pool
	Rec Area
7:30 AM	Adult Open Swim
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	Aqua Pilates (RSVP Required)
10:30 AM	
11:00 AM	Open Swim
11:30 AM	
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Pool Guidelines
Swim lessons may be conducted in a portion of the pool.
Pool schedules and availability are subject to change.
Swimmers who are incontinent or not fully toilet trained must wear VillaSport-approved swim diapers with a tight-fitting protective covering, available at the Club Shop.
Session Descriptions
Adult Open Swim- Indoor Therapy Pool: During Adult Open Swim, there are no lifeguards on duty and it is reserved for 18+. Water walking, water exercising, and swimming are permitted. Enjoy warm water therapy for muscle recovery, injury rehabilitation, and arthritis care.
Open Swim- Indoor Therapy Pool: During Open Swim, there are no lifeguards on duty. Help us keep your kids safe! Children under 13 must be directly supervised by an adult and non-swimmers must be within arm's reach of an adult.
Aqua Pilates: Traditional Pilates in combination with the natural resistance of water and use of props to build core strength and aid in proper body alignment.
Gentile Aqua: Enjoy the benefits of working out in the water! Water buoyancy protects muscles and joints from injury. This class offers stretching, toning, water walking, and light aerobics.

September 2021 VillaSplash Pool schedule Colorado Springs

Updated 9/1/2021

Monday	
Time	VillaSplash Rec Area
5:00 AM	
5:30 AM	
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Tuesday	
Time	VillaSplash Rec Area
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Wednesday	
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Thursday	
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Friday	
Time	VillaSplash Rec Area
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Saturday	
Time	VillaSplash Rec Area
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Sunday	
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Pool Guidelines
Pool schedules and availability are subject to change.
Swimmers who are incontinent or not fully toilet trained must wear VillaSport-approved swim diapers with a tight-fitting protective covering, available at the Club Shop.
Session Descriptions
Open Swim: VillaSport: During open swim, there are no lifeguards on duty. Water play features are available. Help us keep your kids safe! Children under 13 must be directly supervised by an adult and non-swimmers must be within arm's reach of an adult.

September 2021 Outdoor Adult Lap Pool Schedule Colorado Springs

Updated 9/1/2021

Monday			
Time	Outdoor Adult Lap Pool		
	Lane 1	Lane 2	Adult Rec Area
5:00 AM			
5:30 AM			
6:00 AM			
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Tuesday			
Time	Outdoor Adult Lap Pool		
	Lane 1	Lane 2	Adult Rec Area
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Wednesday			
Time	Outdoor Adult Lap Pool		
	Lane 1	Lane 2	Adult Rec Area
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Thursday			
Time	Outdoor Adult Lap Pool		
	Lane 1	Lane 2	Adult Rec Area
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Friday			
Time	Outdoor Adult Lap Pool		
	Lane 1	Lane 2	Adult Rec Area
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Saturday			
Time	Outdoor Adult Lap Pool		
	Lane 1	Lane 2	Adult Rec Area
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Sunday			
Time	Outdoor Adult Lap Pool		
	Lane 1	Lane 2	Adult Rec Area
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Pool Guidelines
Pool schedules and availability are subject to change.
Outdoor pools are subject to close for inclement weather or if the ambient air temperature drops below 65°.
The adult pool area is designated for ages 18+.

Session Descriptions
Adult Open Swim - Outdoor Adult Pool: During Adult Open Swim, there are no lifeguards on duty. Both leisure swim and lap swim are available.

September 2021 Outdoor Recreation Pool Schedule Colorado Springs

Updated 9/1/2021

Monday	
Time	Outdoor Family Rec Pool
	Rec Area
5:00 AM	Open Swim
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	Aqua Athletics (RSVP Required)
9:30 AM	
10:00 AM	Family Swim
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
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Tuesday	
Time	Outdoor Family Rec Pool
	Rec Area
5:00 AM	Open Swim
5:30 AM	
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6:30 AM	
7:00 AM	
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8:30 AM	
9:00 AM	Aqua Athletics (RSVP Required)
9:30 AM	
10:00 AM	Family Swim
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7:00 PM	
7:30 PM	
8:00 PM	
8:30 PM	
9:00 PM	
9:30 PM	

Wednesday	
Time	Outdoor Family Rec Pool
	Rec Area
5:00 AM	Open Swim
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	Family Swim
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
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7:30 PM	
8:00 PM	
8:30 PM	
9:00 PM	
9:30 PM	

Thursday	
Time	Outdoor Family Rec Pool
	Rec Area
5:00 AM	Open Swim
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	Aqua Athletics (RSVP Required)
9:30 AM	
10:00 AM	Family Swim
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
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2:30 PM	
3:00 PM	
3:30 PM	
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7:30 PM	
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8:30 PM	
9:00 PM	
9:30 PM	

Friday	
Time	Outdoor Family Rec Pool
	Rec Area
5:00 AM	Open Swim
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	Aqua Athletics (RSVP Required)
9:30 AM	
10:00 AM	Family Swim
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
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6:30 PM	
7:00 PM	
7:30 PM	
8:00 PM	

Saturday	
Time	Outdoor Family Rec Pool
	Rec Area
6:30 AM	Open Swim
7:00 AM	
7:30 AM	Aqua Pilates (RSVP Required)
8:00 AM	
8:30 AM	Open Swim
9:00 AM	
9:30 AM	Family Swim
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	
7:00 PM	
7:30 PM	
8:00 PM	
8:30 PM	

Sunday	
Time	Outdoor Family Rec Pool
	Rec Area
7:30 AM	Open Swim
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	Family Swim
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	
7:00 PM	
7:30 PM	
8:00 PM	
8:30 PM	

Pool Guidelines
Pool schedules and availability are subject to change.
Swimmers who are incontinent or not fully toilet trained must wear VillaSport-approved swim diapers with a tight-fitting protective covering, available at the Club Shop.
Outdoor pools are subject to close for inclement weather or if the ambient air temperature drops below 65°.

Session Descriptions
Open Swim – Outdoor Recreation Pool   All Ages Recreational swim with no lifeguards on duty. Help us keep your kids safe! Children under 13 must be directly supervised by an adult and non-swimmers must be within arm's reach of an adult.
Family Swim – Outdoor Rec Pool: All Ages During Family Swim, lifeguards are on duty. Water play features are available. Help us keep your kids safe! Children under 13 must be directly supervised by an adult and non-swimmers must be within arm's reach of an adult.
Aqua Athletics: Experience the vigor of the water, using it as its own resistance. A gentle yet fun low-impact workout to increase your strength, range of motion and cardio fitness.
Aqua Pilates: Pilates in the water with props to build core strength and aid in proper body alignment.