

Indoor Pool Schedule Colorado Springs



ATHLETIC CLUB AND SPA

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VillaSplash (Opening 10/13)				Pool is only available during scheduled family swim hours.		
Family Swim 10:00a-12:00p (No Slides)	Family Swim 10:00a-12:00p (No Slides)	Family Swim 10:00a-12:00p (No Slides)	Family Swim 10:00a-1:00p (No Slides)	Family Swim 12:00p-8:00p	Family Swim 10:00a-8:00p	Family Swim 10:00a-8:00p
Family Swim 3:30p-8:00p	Family Swim 3:30p-8:00p	Family Swim 3:30p-8:00p	Family Swim 3:30p-8:00p			
Therapy Pool		Adult recreation swim is for ages 13 and above unless otherwise noted.				
Adult Rec 5:00a-7:30a	Adult Rec 5:00a-9:00a	Adult Rec 5:00a-7:30a	Adult Rec 5:00a-9:00a	Adult Rec 5:00a-9:00a	Adult Rec 6:00a-8:00a	Adult Rec 6:00a-1:00p
Aqua Athletics 7:30a-8:30a	Swim Lessons 9:00a-12:00p	Aqua Interval 7:30a-8:30a	Swim Lessons 9:00a-12:30p	Family Swim 10:00a-12:00p	Aqua Pilates 8:00a-9:00a	Family Swim 1:00p-5:00p
Adult Rec 10:00a-12:00p	Adult Rec 12:00p-4:00p Ages 18+	Gentle Aqua 9:00a-10:00a	Adult Rec 12:30p-1:00p	Gentle Aqua 12:00p-1:00p	Swim Lessons 9:00a-12:00p	Adult Rec 5:00p-8:30p
Aqua Pilates 12:00p-1:00p	Swim Lessons 4:00p-6:15p	Adult Rec 10:00a-12:00p	Family Swim 1:00p-3:30p	Adult Rec 1:00p-4:00p Ages 18+	Adult Rec 12:30p-1:30p Ages 18+	
Adult Rec 1:00p-4:00p Ages 18+	Aqua Athletics 6:15p-7:15pm	Aqua Barre 12:00p-1:00p	Adult Rec 3:30p-4:00p	Family Swim 4:00p-7:00p	Aqua Enhanced Movement 1:30p-2:30p	
Swim Lessons 4:00p-6:15p	Adult Rec 8:15p-10:30p	Adult Rec 1:00p-4:00p Ages 18+	Swim Lessons 4:00p-6:15p	Adult Rec 7:00p-9:30p	Family Swim 3:00p-5:00p	
Aqua Athletics 6:15p-7:15p		Swim Lessons 4:00p-7:00p	Aqua Athletics 6:15p-7:15pm		Adult Rec 5:00p-8:30p	
Adult Rec 7:15p-10:30p		Aqua Pilates 6:15p-7:15p	Adult Rec 7:15p-10:30p			
		Adult Rec 8:00p-10:30p				

Pool closes 30 minutes prior to club closing.

Indoor Lap Pool				Lanes available for lap swimming anytime programming is not scheduled.		
Masters 5:30a-6:30a Lanes 1 & 2	Masters 5:30a-6:30a Lanes 1 & 2	Masters 5:30a-6:30a Lanes 1 & 2	Masters 5:30a-6:30a Lanes 1 & 2	Masters 5:30a-6:30a Lanes 1 & 2	Swim Team 9:00a-1:00p Lanes 1 - 3	
Aqua Athletics 9:00a-10:00a	Aqua Zumba 9:00a-10:00a		Aqua Athletics 9:00a-10:00a	Aqua Zumba 9:00a-10:00a		
	Masters 12:00p-1:00p Lanes 1 & 2		Masters 12:00p-1:00p Lanes 1 & 2	Masters 12:00p-1:00p Lanes 1 & 2		
Swim Team 3:30p-6:30p Lanes 1 - 3	Swim Team 3:30p-6:15p Lanes 1 - 3	Swim Team 3:30p-6:30p Lanes 1 - 3	Swim Team 3:30p-6:15p Lanes 1 - 3	Swim Team 3:30p-6:30p Lanes 1 - 3		
Swim Lessons 4:00p-6:00p Lanes 3 & 4	Swim Lessons 4:00p-6:00p Lanes 3 & 4	Swim Lessons 4:00p-6:15p Lanes 3 & 4	Swim Lessons 4:00p-6:00p Lanes 3 & 4			

Lane 1 is closest to VillaSplash.

Pool closes 30 minutes prior to club closing.

Indoor Pool Schedule Colorado Springs



November 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VillaSplash				Pool is only available during scheduled family swim hours.		
Family Swim 10:00a-12:00p (No Slides)	Family Swim 10:00a-12:00p (No Slides)	Family Swim 10:00a-12:00p (No Slides)	Family Swim 10:00a-1:00p (No Slides)	Family Swim 12:00p-8:00p	Family Swim 10:00a-8:00p	Family Swim 10:00a-8:00p
Family Swim 3:30p-8:00p	Family Swim 3:30p-8:00p	Family Swim 3:30p-8:00p	Family Swim 3:30p-8:00p			
11/19 only Family Swim 9:00a-8:00p	11/20 only Family Swim 9:00a-8:00p	11/21 only Family Swim 9:00a-8:00p	11/22 only Family Swim 9:00a-1:30p	11/30 only Family Swim 9:00a-8:00p		
Therapy Pool			Adult recreation swim is for ages 13 and above unless otherwise noted.			
Adult Rec 5:00a-7:30a	Adult Rec 5:00a-9:00a	Adult Rec 5:00a-7:30a	Adult Rec 5:00a-9:00a	Adult Rec 5:00a-9:00a	Adult Rec 6:00a-8:00a	Adult Rec 6:00a-1:00p
Aqua Athletics 7:30a-8:30a	Swim Lessons 9:00a-12:00p	Aqua Interval 7:30a-8:30a	Swim Lessons 9:00a-12:30p	Family Swim 10:00a-12:00p	Aqua Pilates 8:00a-9:00a	Family Swim 1:00p-5:00p
Adult Rec 10:00a-12:00p	Adult Rec 12:00p-4:00p Ages 18+	Gentle Aqua 9:00a-10:00a	Adult Rec 12:30p-1:00p	Gentle Aqua 12:00p-1:00p	Swim Lessons 9:00a-12:00p	Adult Rec 5:00p-8:30p
Aqua Pilates 12:00p-1:00p	Swim Lessons 4:00p-6:15p	Adult Rec 10:00a-12:00p	Family Swim 1:00p-3:30p	Adult Rec 1:00p-4:00p Ages 18+	Adult Rec 12:30p-1:30p Ages 18+	
Adult Rec 1:00p-4:00p Ages 18+	Aqua Athletics 6:15p-7:15pm	Aqua Barre 12:00p-1:00p	Adult Rec 3:30p-4:00p	Family Swim 4:00p-7:00p	Aqua Enhanced Movement 1:30p-2:30p	
Swim Lessons 4:00p-6:15p	Adult Rec 8:15p-10:30p	Adult Rec 1:00p-4:00p Ages 18+	Swim Lessons 4:00p-6:15p	Adult Rec 7:00p-9:30p	Family Swim 3:00p-5:00p	
Aqua Athletics 6:15p-7:15p		Swim Lessons 4:00p-7:00p	Aqua Athletics 6:15p-7:15pm		Adult Rec 5:00p-8:30p	
Adult Rec 7:15p-10:30p		Aqua Pilates 6:15p-7:15p	Adult Rec 7:15p-10:30p			
		Adult Rec 8:00p-10:30p				

Pool closes 30 minutes prior to club closing.

Indoor Lap Pool

				Lanes available for lap swimming anytime programming is not scheduled.		
Masters 5:30a-6:30a Lanes 1 & 2	Masters 5:30a-6:30a Lanes 1 & 2	Masters 5:30a-6:30a Lanes 1 & 2	Masters 5:30a-6:30a Lanes 1 & 2	Masters 5:30a-6:30a Lanes 1 & 2	Swim Team 9:00a-1:00p Lanes 1 - 3	
Aqua Athletics 9:00a-10:00a	Aqua Zumba 9:00a-10:00a		Aqua Athletics 9:00a-10:00a	Aqua Zumba 9:00a-10:00a		
	Masters 12:00p-1:00p Lanes 1 & 2		Masters 12:00p-1:00p Lanes 1 & 2	Masters 12:00p-1:00p Lanes 1 & 2		
Swim Team 3:30p-6:30p Lanes 1 - 3	Swim Team 3:30p-6:15p Lanes 1 - 3	Swim Team 3:30p-6:30p Lanes 1 - 3	Swim Team 3:30p-6:15p Lanes 1 - 3	Swim Team 3:30p-6:30p Lanes 1 - 3		
Swim Lessons 4:00p-6:00p Lanes 3 & 4	Swim Lessons 4:00p-6:00p Lanes 3 & 4	Swim Lessons 4:00p-6:15p Lanes 3 & 4	Swim Lessons 4:00p-6:00p Lanes 3 & 4			

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