

# Indoor Pool Schedule Colorado Springs

All Pools and Whirlpools close 30 minutes prior to club closing.

\*Paid Group Exercise Class

## October 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>VillaSplash</b> VillaSplash is available for Open Swim anytime programming is not scheduled.						
Family Swim 3:30p-8:00p	Family Swim 3:30p-8:00p	Family Swim 3:30p-8:00p	Family Swim 3:30p-8:00p	Family Swim 12:00p-8:00p	Family Swim 10:00a-8:00p	Family Swim 10:00a-8:00p
						<b>10/6 Only</b> <b>The Great Pumpkin Race</b> 1:00p-3:00p
<b>Therapy Pool</b>				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-10:00a	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	Open Swim 10:00a-12:00p	Aqua Pilates 8:00a-9:00a	Open Swim 1:00p-5:00p
Adult Rec 8:30a-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	Open Swim 1:00p-3:30p	Adult Rec 1:00p-4:00p Ages 18+	Adult Rec 12:00p-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	Open Swim 4:00p-7:00p	*Aqua Enhanced Movement 1:30p-2:30p	
Swim Lessons 4:00p-6:15p	Adult Rec 7:15p-10:30p	Adult Rec 1:00p-4:00p Ages 18+	Swim Lessons 4:00p-6:15p	Adult Rec 7:00p-9:30p	Adult Rec 2:30p- 3:00p	
Aqua Athletics 6:15p-7:15p		Swim Lessons 4:00p-6:15p	Aqua Athletics 6:15p-7:15pm		Open Swim 3:00p-5:00p	
Adult Rec 7:15p-10:30p		Aqua Pilates 6:15p-7:15p	Adult Rec 7:15p-10:30p		Adult Rec 5:00p-8:30p	
		Adult Rec 7:15p-10:30p				
<b>Indoor Lap Pool</b> 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	Swim Team 3:30p-6:30p Lanes 1 - 3	Aqua Athletics 9:00a-10:00a	Aqua Zumba 9:00a-10:00a		
Swim Team 3:30p-6:30p Lanes 1 - 3	Masters 12:00p-1:00p Lanes 1 & 2	Swim Lessons 4:00p-6:00p Lane 5	Masters 12:00p-1:00p Lanes 1 & 2	Masters 12:00p-1:00p Lanes 1 & 2		
Swim Lessons 4:00p-6:00p Lane 5	Swim Team 3:30p-6:15p 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 Lane 5		Swim Lessons 4:00p-6:00p Lane 5			

Lane 1 is closest to VillaSplash.

