

Northglenn Recreation Center Pool Schedule

August - December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Lap Swim 10:30am-12:00pm	Adult Lap Swim 5:30-8:15am	Adult Lap Swim 5:30-8:15am	Adult Lap Swim 5:30-8:15am	Adult Lap Swim 5:30-8:15am	Adult Lap Swim 5:30-8:15am	Master Swim 7:30-9am
	Shallow Water Hydroworks All Lanes 8:20-9:20am Doreen	Shallow Water Hydroworks All Lanes 8:20-9:20am Crystal	Shallow Water Hydroworks All Lanes 8:20-9:20am Doreen	Shallow Water Hydroworks All Lanes 8:20-9:20am Crystal	Shallow Water Hydroworks All Lanes 8:20-9:20am Doreen	Shallow Water Hydroworks 9:00am-10:00am Catherine
	Silver Splash© 4 Lanes 9:30-10:30am Doreen	Arthritis Aquafit 4 Lanes 9:45-10:30am Doreen	Silver Splash© 4 Lanes 9:30-10:30am Doreen	Arthritis Aquafit 4 Lanes 9:45-10:30am Doreen	Silver Splash© 4 Lanes 9:30-10:30am Doreen	
	All Ages Lap Swim 2 Lanes 9:20-10:30am	Adult Lap Swim 2 Lanes 9:20-10:30am	All Ages Lap Swim 2 Lanes 9:20-10:30am	Adult Lap Swim 2 Lanes 9:20-10:30am	All Ages Lap Swim 2 Lanes 9:20-10:30am	Swimming Lessons ALL Lanes 10:00am-Noon
	Swim Lessons 2 Lanes 10:30-12:00pm	Swim Lessons 2 Lanes 10:30-12:00pm	Swim Lessons 2 Lanes 10:30-12:00pm	Swim Lessons 2 Lanes 10:30-12:00pm	Swim Lessons 2 Lanes 10:30-12:00pm	
	Lap Swim 2 Lanes Slow Swim 2 Lanes 10:30-12:00pm	Lap Swim 2 Lanes Slow Swim 2 Lanes 10:30-12:00pm	Lap Swim 2 Lanes Slow Swim 2 Lanes 10:30-12:00pm	Lap Swim 2 Lanes Slow Swim 2 Lanes 10:30-12:00pm	Lap Swim 2 Lanes Slow Swim 2 Lanes 10:30-12:00pm	Lap Swim 2 Lanes Slow Swim 2 Lanes 10:30-12:00pm
Lap Swim 3 Lanes Slow Swim 3 Lanes 12:00-1:15pm	Lap Swim 3 Lanes Slow Swim 3 Lanes 12:00-1:15pm	Lap Swim 3 Lanes Slow Swim 3 Lanes 12:00-1:15pm	Lap Swim 3 Lanes Slow Swim 3 Lanes 12:00-1:15pm	Lap Swim 3 Lanes Slow Swim 3 Lanes 12:00-1:15pm	Lap Swim 3 Lanes Slow Swim 3 Lanes 12:00-1:15pm	
Swim Lessons 12:00-2:30pm	Open Swim ** ALL Lanes 1:30-3:30pm	Open Swim ** ALL Lanes 1:30-3:30pm	Open Swim ** ALL Lanes 1:30-3:30pm	Open Swim ** ALL Lanes 1:30-3:30pm	Open Swim ** ALL Lanes 1:30-5:00pm	Open Swim** ALL Lanes 1:30-4:30pm
	Swim Lessons 3 Lanes 3:30-6:30pm	Swim Lessons 3 Lanes 3:30-6:30pm	Swim Lessons 3 Lanes 3:30-6:30pm	Swim Lessons 3 Lanes 3:30-6:30pm	CARA Swim Team 4 Lanes 5:00-6:30pm	
	CARA Swim Team 3 Lanes 4:00-6:00pm	CARA Swim Team 3 Lanes 4:00-6:00pm	CARA Swim Team 3 Lanes 4:00-6:00pm	CARA Swim Team 3 Lanes 4:00-6:00pm		
	Shallow Water Aquafit 3 Lanes 6:05-7:05pm Sue	Deep Water Aquafit 3 Lanes 6:05-7:05pm Sue	Shallow Water Aquafit 3 Lanes 6:05-7:05pm Diane	Deep Water Aquafit 3 Lanes 6:05-7:05pm Diane	All Ages Lap Swim 2 Lanes 5:00-6:30pm	
	Fusion Swim Team 3 Lanes 6:30-7:30pm	Fusion Swim Team 3 Lanes 6:30-7:30pm	Fusion Swim Team 3 Lanes 6:30-7:30pm	Fusion Swim Team 3 Lanes 6:30-7:30pm		
	Fusion Swim Team All Lanes 7:05-8:45pm	Fusion Swim Team All Lanes 7:05-8:45pm	Fusion Swim Team All Lanes 7:05-8:45pm	Fusion Swim Team All Lanes 7:05-8:45pm	Fusion Swim Team All Lanes 6:30-8:45pm	
* If there are fewer than 15 people in the pool during this time, a lap lane may be opened up. Please call 303-450-8800 to verify if lap lanes are open.						
Adult Lap Swim	For swimmers 16 and older and who want to swim as a form of exercise. Use of the blocks and diving from sides is restricted. No water walking during this time unless there are no lap swimmers in the lanes.					
All Ages Lap Swim	For swimmers 10 and older who want to use lap swimming as a form of exercise. Swimmers must be actively swimming laps during this time. Use of the blocks and diving from sides is restricted. No water walking during this time unless there are no lap swimmers.					
Slow Swim	A portion of the pool will be available for swimmers who want to water walk, jog in place, or use the pool as part of their physical therapy.					

Please note that changes to the pool schedule have been made and are highlighted in **GREEN**