



Indoor Fitness Pool										
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time		
5:30a-6:00a	Facility Closed	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Facility Closed	5:30a-6:00a		
6:00a-6:30a								Open/Lap Swim	Open/Lap Swim	Open/Lap Swim
6:30a-7:00a			Aqua Fit	Aqua Fit	Aqua Fit					
7:00a-7:30a	Aqua Fit				Aqua Fit		Open/Lap Swim			7:00a-7:30a
7:30a-8:00a			Aqua Fit	Aqua Fit						7:30a-8:00a
8:00a-8:30a	Aqua Fit				Aqua Fit		Aqua Fit			8:00a-8:30a
8:30a-9:00a			Aqua Fit	Aqua Fit						8:30a-9:00a
9:00a-9:30a	Open/Lap Swim				Open/Lap Swim		Open/Lap Swim			9:00a-9:30a
9:30a-10:00a			Open/Lap Swim	Open/Lap Swim						9:30a-10:00a
10:00a-10:30a	Open/Lap Swim				Open/Lap Swim	TR Program		10:00a-10:30a		
10:30a-11:00a			Open/Lap Swim	Open/Lap Swim		Open/Lap Swim		TR Program	10:30a-11:00a	
11:00a-11:30a	Open/Lap Swim				Open/Lap Swim				11:00a-11:30a	
11:30a-12:00p			Open/Lap Swim	Open/Lap Swim		Open/Lap Swim			11:30a-12:00p	
12:00p-12:30p	Open/Lap Swim				Open/Lap Swim				12:00p-12:30p	
12:30p-1:00p			Open/Lap Swim	Open/Lap Swim					Open/Lap Swim	
1:00p-1:30p	Open/Lap Swim				Open/Lap Swim					
1:30p-2:00p			Open/Lap Swim	Open/Lap Swim					Open/Lap Swim	
2:00p-2:30p	Thrilling Thursday				2:00p-2:30p					
2:30p-3:00p			Open/Lap Swim	Open/Lap Swim	Open/Lap Swim				2:30p-3:00p	
3:00p-3:30p	Open/Lap Swim				3:00p-3:30p					
3:30p-4:00p			Open/Lap Swim	Open/Lap Swim	Open/Lap Swim				3:30p-4:00p	
4:00p-4:30p	Open/Lap Swim				4:00p-4:30p					
4:30p-5:00p			Open/Lap Swim	Open/Lap Swim	Open/Lap Swim				4:30p-5:00p	
5:00p-5:30p	Open/Lap Swim				5:00p-5:30p					
5:30p-6:00p		ISR	ISR	ISR	ISR			5:30p-6:00p		
6:00p-6:30p								6:00p-6:30p		
6:30p-7:00p			Facility Closed		Aqua Fit	Aqua Fit	Open/Lap Swim			6:30p-7:00p
7:00p-7:30p										7:00p-7:30p
7:30p-8:00p										7:30p-8:00p

Activity Pool													
Time	Sunday	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Time
5:30a-6:00a	Facility Closed	Swim Fitness		Swim Fitness		Swim Fitness		Swim Fitness		Swim Fitness		Facility Closed	5:30a-6:00a
6:00a-6:30a		Swim Fitness		Swim Fitness		Swim Fitness		Swim Fitness		Swim Fitness			6:00a-6:30a
6:30a-7:00a		Swim Fitness		Swim Fitness		Swim Fitness		Swim Fitness		Swim Fitness			6:30a-7:00a
7:00a-7:30a	Swim Fitness	Swim Fitness	ISR	Swim Fitness	ISR	Swim Fitness	ISR	Swim Fitness	ISR	Swim Fitness		Swim Fitness	7:00a-7:30a
7:30a-8:00a													7:30a-8:00a
8:00a-8:30a													8:00a-8:30a
8:30a-9:00a	Open Swim	Pool Closed											8:30a-9:00a
9:00a-9:30a													9:00a-9:30a
9:30a-10:00a													9:30a-10:00a
10:00a-10:30a													10:00a-10:30a
10:30a-11:00a													10:30a-11:00a
11:00a-11:30a													11:00a-11:30a
11:30a-12:00p		Pool Closed											11:30a-12:00p
12:00p-12:30p													12:00p-12:30p
12:30p-1:00p													12:30p-1:00p
1:00p-1:30p													1:00p-1:30p
1:30p-2:00p													1:30p-2:00p
2:00p-2:30p													2:00p-2:30p
2:30p-3:00p		Open Swim											2:30p-3:00p
3:00p-3:30p													3:00p-3:30p
3:30p-4:00p	3:30p-4:00p												
4:00p-4:30p	4:00p-4:30p												
4:30p-5:00p	4:30p-5:00p												
5:00p-5:30p	5:00p-5:30p												
5:30p-6:00p	Facility Closed	Open Swim											5:30p-6:00p
6:00p-6:30p													6:00p-6:30p
6:30p-7:00p													6:30p-7:00p
7:00p-7:30p													7:00p-7:30p
7:30p-8:00p													7:30p-8:00p

Family Spa Hours

Sun. 7a.m.– 6p.m.

Mon- Fri 5:30a.m.– 10a.m. & 3p.m. - 8p.m.

Sat 7 a.m. - 8p.m.

Children's Pool

Sun. 9a.m.– 6p.m.

Mon–Fri 3 p.m. – 8 p.m.

Sat 9 a.m. – 8 p.m.



Scan to see the Pool
Schedules at all Facilities

***PLEASE NOTE:**

- **Pool Schedule is subject to change with little to no advance notice.**
- "Break Out" may be called at the top of every hour of "Open Swim" for all guests under the age of 18.
- "Swim Fitness" times are reserved for water walking, lap swimming, etc.
- Guests under the age of 18 may not be in the Family Spa during "Breakout."
- Outside Groups wishing to utilize the Southridge Pools, please contact an Aquatics Manager at least one week prior to your requested usage date.
- Birthday parties are scheduled Fri 5:00p-7:00p, Sat & Sun 10:00-12:00, 1:00p-3:00p & 4:00p-6:00p. The party hotline is 303-471-7055.
- Questions may be directed to the Aquatics Manager at 303-471-7060.

*Family spa maintained from 96-98 degrees
for all ages to enjoy.