

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	Aqua Fit	Aqua Fit	Aqua Fit	6:00a-6:30a								
6:30a-7:00a												Open/Lap Swim	Aqua Fit	Aqua Fit	6:30a-7:00a					
7:00a-7:30a	Open/Lap Swim		Aqua Fit	Aqua Fit	7:00a-7:30a															
7:30a-8:00a					Open/Lap Swim		Aqua Fit		Aqua Fit	7:30a-8:00a										
8:00a-8:30a										Open/Lap Swim	Aqua Fit		Aqua Fit	8:00a-8:30a						
8:30a-9:00a			Open/Lap Swim	Aqua Fit										Aqua Fit	8:30a-9:00a					
9:00a-9:30a							Open/Lap Swim		Aqua Fit						Aqua Fit	9:00a-9:30a				
9:30a-10:00a											Open/Lap Swim		Aqua Fit			Aqua Fit	9:30a-10:00a			
10:00a-10:30a				Open/Lap Swim		Aqua Fit								Aqua Fit			10:00a-10:30a			
10:30a-11:00a									Open/Lap Swim						Aqua Fit		Aqua Fit	10:30a-11:00a		
11:00a-11:30a													Open/Lap Swim			Aqua Fit		Aqua Fit	11:00a-11:30a	
11:30a-12:00p						Open/Lap Swim								Aqua Fit					Aqua Fit	11:30a-12:00p
12:00p-12:30p															Open/Lap Swim		Aqua Fit			Aqua Fit
12:30p-1:00p																Open/Lap Swim		Aqua Fit		
1:00p-1:30p	Open/Lap Swim		Aqua Fit	Aqua Fit	1:00p-1:30p															
1:30p-2:00p					Open/Lap Swim	Aqua Fit	Aqua Fit	1:30p-2:00p												
2:00p-2:30p								Open/Lap Swim	Aqua Fit	Aqua Fit	2:00p-2:30p									
2:30p-3:00p			Open/Lap Swim	Aqua Fit							Aqua Fit	2:30p-3:00p								
3:00p-3:30p						Open/Lap Swim	Aqua Fit					Aqua Fit	3:00p-3:30p							
3:30p-4:00p									Open/Lap Swim	Aqua Fit			Aqua Fit	3:30p-4:00p						
4:00p-4:30p				Open/Lap Swim							Aqua Fit			Aqua Fit	4:00p-4:30p					
4:30p-5:00p							Open/Lap Swim					Aqua Fit			Aqua Fit		4:30p-5:00p			
5:00p-5:30p										Open/Lap Swim			Aqua Fit				Aqua Fit	5:00p-5:30p		
5:30p-6:00p											Open/Lap Swim			Aqua Fit				Aqua Fit	5:30p-6:00p	
6:00p-6:30p												Open/Lap Swim			Aqua Fit				Aqua Fit	6:00p-6:30p
6:30p-7:00p													Open/Lap Swim				Aqua Fit			Aqua Fit
7:00p-7:30p														Open/Lap Swim				Aqua Fit		
7:30p-8:00p															Open/Lap Swim				Aqua Fit	

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	Swim Fitness	ISR	Swim Fitness	ISR	Swim Fitness	ISR	Swim Fitness	ISR	Swim Fitness		Open Swim	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													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													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	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	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	Children's Pool
Sun. 7a.m.– 6p.m.	Sun. 9a.m.– 6p.m.
Mon- Fri 5:30a.m.– 10a.m. & 3p.m. - 8p.m.	Mon–Fri 3 p.m. – 8 p.m.
Sat 7 a.m. - 8p.m.	Sat 9 a.m. – 8 p.m.

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



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.