



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								6:00a-6:30a			
6:30a-7:00a	Open/Lap Swim		Aqua Fit	Aqua Fit	Aqua Fit		Open/Lap Swim	6:30a-7:00a			
7:00a-7:30a								7:00a-7:30a			
7:30a-8:00a			Aqua Fit	Aqua Fit	Aqua Fit			7:30a-8:00a			
8:00a-8:30a								8:00a-8:30a			
8:30a-9:00a			TR Program	TR Program	TR Program			8:30a-9:00a			
9:00a-9:30a								9:00a-9:30a			
9:30a-10:00a			Open/Lap Swim	Open/Lap Swim	Open/Lap Swim			9:30a-10:00a			
10:00a-10:30a								10:00a-10:30a			
10:30a-11:00a			TR Program	TR Program	TR Program			10:30a-11:00a			
11:00a-11:30a								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								12:00p-12:30p			
12:30p-1:00p			Open/Lap Swim	Open/Lap Swim	Open/Lap Swim			12:30p-1:00p			
1:00p-1:30p								1:00p-1:30p			
1:30p-2:00p			Thrilling Thursday	Thrilling Thursday	Thrilling Thursday			1:30p-2:00p			
2:00p-2:30p								2:00p-2:30p			
2:30p-3:00p			TR Program	TR Program	TR Program			2:30p-3:00p			
3:00p-3:30p								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								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								5:00p-5:30p			
5:30p-6:00p			Aqua Fit	Aqua Fit	Open/Lap Swim			5:30p-6:00p			
6:00p-6:30p								6:00p-6:30p			
6:30p-7:00p	Facility Closed		Open/Lap Swim	Open/Lap Swim	Open/Lap Swim		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													6:00a-6:30a
6:30a-7:00a													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												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		Pool Closed		Pool Closed		Pool Closed		Pool Closed		Pool Closed		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		Open Swim											5:00p-5:30p
5:30p-6:00p													5:30p-6:00p
6:00p-6:30p													6:00p-6:30p
6:30p-7:00p		Facility Closed											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.