



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

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	Open Swim		Open Swim		Open Swim		Open Swim		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		6:30p-7:00p											
7:00p-7:30p		7:00p-7:30p											
7:30p-8:00p	Facility Closed	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.

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

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.