



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

Family Spa Hours

Sun. 7a.m.– 6p.m.
Mon- Fri 5:30a.m.- 8p.m.
Sat 7 a.m. - 8p.m.

Children's Pool

Sun. 9a.m.– 6p.m.
Mon–Fri 9 a.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.