



# NBRC Lap Pool

## JANUARY



1/15/2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday																																																								
6:00am	<b>Lap Swim</b> 6:00-9:00	<b>Lap Swim</b> 6:00-8:00	<b>Lap Swim</b> 6:00-9:00	<b>Lap Swim</b> 6:00-8:00	<b>Lap Swim</b> 6:00-7:00	<b>3 lanes open</b> 7:00-9:00 Bldr Swim																																																									
6:30am					<b>4 lanes open</b> 8:00-9:00 Drop-in H <sub>2</sub> O Fit			<b>4 lanes open</b> 8:00-9:00 Drop-in H <sub>2</sub> O Fit	<b>4 lanes open</b> 9:00-10:00 Drop-in H <sub>2</sub> O Fit	<b>7 lanes open</b> 7:00-8:15 Elks <b>ends 1/16</b>																																																					
7:00am										<b>Lap Swim</b> 8:15-9:00	<b>4 lanes open</b> 9:00-10:00 Drop-in H <sub>2</sub> O Fit	<b>4 lanes open</b> 9:00-10:00 Flatirons																																																			
7:30am													<b>4 lanes open</b> 9:00-10:00 Drop-in H <sub>2</sub> O Fit	<b>2 lanes open</b> 10:00-11:00 Elks & Flatirons																																																	
8:00am															<b>4 lanes open</b> 9:00-10:00 Drop-in H <sub>2</sub> O Fit	<b>4 lanes open</b> 9:00-10:00 Flatirons																																															
8:30am	<b>Lap Swim</b> 9:00-12:00	<b>Lap Swim</b> 9:00-12:00	<b>Lap Swim</b> 9:00-12:00	<b>Lap Swim</b> 9:00-12:00	<b>2 lanes open</b> 10:00-11:30 BAM																																																										
9:00am	<b>Lap Swim</b> 11:30-4:00	<b>Lap Swim</b> 1:00-4:00	<b>Lap Swim</b> 11:30-4:00	<b>Lap Swim</b> 1:00-4:00	<b>Lap Swim</b> 11:30-4:00	<b>4 lanes open</b> 1:00-4:00 Open Swim, Drop Slide, & Diving Board	<b>Lap Swim</b> 10:30-1:00																																																								
9:30am								<b>3 lanes open</b> 12:00-1:00 BAM	<b>3 lanes open</b> 12:00-1:00 BAM	<b>3 lanes open</b> 12:00-1:00 BAM	<b>3 lanes open</b> 12:00-1:00 BAM	<b>5 lanes open</b> 11:00-12:30 BHS																																																			
10:00am													<b>3 lanes open</b> 10:30-11:30 BAM	<b>3 lanes open</b> 10:30-11:30 BAM	<b>3 lanes open</b> 10:30-11:30 BAM	<b>3 lanes open</b> 10:30-11:30 BAM	<b>Lap Swim</b> 4:00-6:30																																														
10:30am																		<b>4 lanes open</b> 5:00-6:00 BHS & Elks	<b>4 lanes open</b> 5:00-6:00 BHS & Elks	<b>4 lanes open</b> 5:00-6:00 BHS & Elks	<b>2 lanes open</b> 4:00-5:00 <b>not 1/30</b> BHS																																										
11:00am																						<b>4 lanes open</b> 5:45-6:45 Drop-in Zumba	<b>6 lanes open</b> 6:15-7:00 Lessons	<b>6 lanes open</b> 6:15-7:00 Lessons	<b>2 lanes open</b> 5:00-6:00 BHS & Elks																																						
11:30am																										<b>4 lanes open</b> 5:45-6:45 Drop-in Zumba	<b>6 lanes open</b> 6:15-7:00 Lessons	<b>6 lanes open</b> 6:15-7:00 Lessons	<b>*6 lanes</b> 6:00-6:30																																		
12:00pm																														<b>4 lanes open</b> 5:45-6:45 Drop-in Zumba	<b>6 lanes open</b> 6:15-7:00 Lessons	<b>6 lanes open</b> 6:15-7:00 Lessons	<b>Lap Swim</b>																														
12:30pm																																		<b>4 lanes open</b> 5:45-6:45 Drop-in Zumba	<b>6 lanes open</b> 6:15-7:00 Lessons	<b>6 lanes open</b> 6:15-7:00 Lessons	<b>Lap Swim</b>																										
1:00pm																																						<b>4 lanes open</b> 5:45-6:45 Drop-in Zumba	<b>6 lanes open</b> 6:15-7:00 Lessons	<b>6 lanes open</b> 6:15-7:00 Lessons	<b>Lap Swim</b>																						
1:30pm																																										<b>4 lanes open</b> 5:45-6:45 Drop-in Zumba	<b>6 lanes open</b> 6:15-7:00 Lessons	<b>6 lanes open</b> 6:15-7:00 Lessons	<b>Lap Swim</b>																		
2:00pm																																														<b>4 lanes open</b> 5:45-6:45 Drop-in Zumba	<b>6 lanes open</b> 6:15-7:00 Lessons	<b>6 lanes open</b> 6:15-7:00 Lessons	<b>Lap Swim</b>														
2:30pm	<b>Lap Swim</b> 6:45-9:00	<b>Lap Swim</b> 6:45-9:00	<b>Lap Swim</b> 7:00-9:00	<b>Lap Swim</b> 7:00-9:00	<b>Lap Swim</b> 5:30-9:00	<b>Lap Swim</b> 4:00-6:30	<b>Lap Swim</b> 3:00-7:30																																																								
3:00pm								<b>Lap Swim</b> 6:45-9:00	<b>Lap Swim</b> 6:45-9:00	<b>Lap Swim</b> 7:00-9:00	<b>Lap Swim</b> 7:00-9:00	<b>Lap Swim</b> 5:30-9:00	<b>Lap Swim</b> 4:00-6:30	<b>Lap Swim</b> 3:00-7:30																																																	
3:30pm															<b>Lap Swim</b> 6:45-9:00	<b>Lap Swim</b> 6:45-9:00	<b>Lap Swim</b> 7:00-9:00	<b>Lap Swim</b> 7:00-9:00	<b>Lap Swim</b> 5:30-9:00	<b>Lap Swim</b> 4:00-6:30	<b>Lap Swim</b> 3:00-7:30																																										
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7:30pm	<b>Lap Swim</b> 8:00-9:00	<b>Lap Swim</b> 6:45-9:00	<b>Lap Swim</b> 7:00-9:00	<b>Lap Swim</b> 7:00-9:00	<b>Lap Swim</b> 5:30-9:00	<b>Lap Swim</b> 4:00-6:30	<b>Lap Swim</b> 3:00-7:30																																																								
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9:00pm																																																															

**\*Indicates # of lap lanes available to public for lap swimming**

**\*\*POOL SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME\*\***

For more information call 303-413-7260 or go to [www.boulderaquatics.org](http://www.boulderaquatics.org)