



East Boulder Recreation Center Lap Pool

JULY

**The East Boulder Community Center will be open from
8:00am-1:30pm on Friday, July 4th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am							
6:00am	Lap Swim 5:45-7:00		Lap Swim 5:45-7:00				
6:30am							
7:00am	Boulder Swimming 7:00-8:30 *3 lanes	Lap Swim 5:45-9:30	Boulder Swimming 7:00-8:30 *3 lanes	Lap Swim 5:45-9:30	Lap Swim 5:45-9:00		
7:30am						Lap Swim 7:30-9:00	
8:00am							
8:30am	Lap Swim		Lap Swim				
9:00am	H²O Fitness 9:00-10:00 *5 lanes		H²O Fitness 9:00-10:00 *5 lanes		H²O Fitness 9:00-10:00 *5 lanes	Flatirons 9:00-10:30 *4 lanes	
9:30am		Lessons 9:30-11:00 *7 lanes not 7/1		Lessons 9:30-11:00 *7 lanes not 7/3			
10:00am							
10:30am	Lap Swim 10:00-12:00				Lap Swim 10:00-12:00	Lessons & Fitrns 10:30-11:15 *3 lanes	
11:00am		BAM 11:00-12:00 *5 lanes		BAM 11:00-12:00 *5 lanes			
11:30am							
12:00pm	BAM 12:00-1:00 *4 lanes				BAM 12:00-1:00 *4 lanes		
12:30pm			Lap Swim 10:00-4:00				
1:00pm		Lap Swim 12:00-3:00		Lap Swim 12:00-3:00	Lap Swim 1:00-3:00		
1:30pm	Lap Swim 1:00-3:00					Lap Swim 11:15-5:30	Lap Swim 9:00-7:00
2:00pm							
2:30pm							
3:00pm							
3:30pm	Flatirons 3:00-5:00 *4 lanes	Flatirons 3:00-5:00 *4 lanes		Flatirons 3:00-5:00 *4 lanes	Flatirons 3:00-5:00 *4 lanes		
4:00pm			Expand 4:00-5:00 *4 Lanes				
4:30pm							
5:00pm	5:00-5:45 *4 lanes	5:00-5:45 *4 lanes	5:00-5:45 *4 lanes	5:00-5:45 *4 lanes	5:00-5:45 *4 lanes		
5:30pm							
6:00pm	MESA Swim 5:45-6:45 *5 lanes	MESA & Lessons 5:45-6:45 *4 lanes	MESA Swim 5:45-6:45 *5 lanes	MESA Swim 5:45-6:45 *5 lanes	MESA Swim 5:45-6:45 *5 lanes		
6:30pm							
7:00pm	RevRunning 7:00-8:00 *5 lanes	Lap Swim 6:45-8:00	Lap Swim 6:45-8:00	Lap Swim 6:45-8:00	Lap Swim 6:45-8:00		
7:30pm							
8:00pm							

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

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

For more information call 303-441-4400 or go to www.boulderaquatics.org