



# East Boulder Recreation Center Lap Pool

## JULY

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am							
6:00am	<b>Lap Swim</b> 5:45-7:00		<b>Lap Swim</b> 5:45-7:00				
6:30am							
7:00am	<b>Boulder Swimming</b> 7:00-8:30 *3 lanes	<b>Lap Swim</b> 5:45-9:30	<b>Boulder Swimming</b> 7:00-8:30 *3 lanes	<b>Lap Swim</b> 5:45-9:30			
7:30am						<b>Lap Swim</b> 7:30-9:00	
8:00am					<b>Boulder Swimming</b> 8:00-9:30 *4 lanes		
8:30am	<b>Lap Swim</b>		<b>Lap Swim</b>				
9:00am	<b>H<sup>2</sup>O Fitness</b> 9:00-10:00 *5 lanes		<b>H<sup>2</sup>O Fitness</b> 9:00-10:00 *5 lanes			<b>Flatirons</b> 9:00-10:30 *4 lanes (not 7/5)	
9:30am		<b>Lessons</b> 9:30-11:00 *7 lanes not 7/1		<b>Lessons</b> 9:30-11:00 *7 lanes not 7/3		<b>Lessons &amp; Fitrns</b> 10:30-11:15 *3 lanes	
10:00am							
10:30am	<b>Lap Swim</b> 10:00-12:00						
11:00am		<b>BAM</b> 11:00-12:00 *5 lanes		<b>BAM</b> 11:00-12:00 *5 lanes	<b>Lap Swim</b> 9:30-1:00		
11:30am							
12:00pm	<b>BAM</b> 12:00-1:00 *4 lanes						
12:30pm			<b>Lap Swim</b> 10:00-4:00				
1:00pm		<b>Lap Swim</b> 12:00-3:00		<b>Lap Swim</b> 12:00-3:00			
1:30pm	<b>Lap Swim</b> 1:00-3:00						<b>Lap Swim</b> 9:00-7:00
2:00pm							
2:30pm						<b>Lap Swim</b> 11:15-5:30	
3:00pm							
3:30pm	<b>Flatirons</b> 3:00-5:00 *4 lanes	<b>Flatirons</b> 3:00-5:00 *4 lanes		<b>Flatirons</b> 3:00-5:00 *4 lanes			
4:00pm			<b>Expand</b> 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			
5:30pm							
6:00pm	<b>MESA Swim</b> 5:45-6:45 *5 lanes	<b>MESA &amp; Lessons</b> 5:45-6:45 *4 lanes	<b>MESA Swim</b> 5:45-6:45 *5 lanes	<b>MESA Swim</b> 5:45-6:45 *5 lanes			
6:30pm							
7:00pm	<b>RevRunning</b> 7:00-8:00 *5 lanes	<b>Lap Swim</b> 6:45-8:00	<b>Lap Swim</b> 6:45-8:00	<b>Lap Swim</b> 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](http://www.boulderaquatics.org)