



# East Boulder Recreation Center Lap Pool

## JULY



	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		<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	<b>Bldr Swim</b> 7:00-8:30 *3 lanes <b>7/18 only</b>	<b>Lap Swim</b> 7:30-9:00		
7:30am								
8:00am								
8:30am	<b>Lap Swim</b>		<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>H<sup>2</sup>O Fitness</b> 9:00-10:00 *5 lanes	<b>Flatirons</b> 9:00-10:30 *4 lanes		
9:30am		<b>Lessons</b> 9:30-11:00 *7 lanes		<b>Lessons</b> 9:30-11:00 *7 lanes				
10:00am								
10:30am	<b>Lap Swim</b> 10:00-12:00				<b>Lap Swim</b> 10:00-12:00	<b>Lessons &amp; Fltrns</b> 10:30-11:15 *3 lanes		
11:00am		<b>BAM</b> 11:00-12:00 *5 lanes		<b>BAM</b> 11:00-12:00 *5 lanes				
11:30am								
12:00pm	<b>BAM</b> 12:00-1:00 *4 lanes		<b>Lap Swim</b> 10:00-4:00		<b>BAM</b> 12:00-1:00 *4 lanes			
12:30pm								
1:00pm		<b>Lap Swim</b> 12:00-3:00			<b>Lap Swim</b> 12:00-3:00	<b>Lap Swim</b> 1:00-3:00	<b>Lap Swim</b> 11:15-5:30	<b>Lap Swim</b> 9:00-7:00
1:30pm	<b>Lap Swim</b> 1:00-3:00							
2:00pm								
2:30pm								
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	<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	5:00-5:45 *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	<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	<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)