



East Boulder Recreation Center Lap Pool

JULY



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am							
6:00am	Lap Swim 5:45-7:00		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	Bldr Swim 7:00-8:30 *3 lanes not 7/30	Lap Swim 5:45-9:30	Bldr Swim 7:00-8:30 *3 lanes 7/18 only		
7:30am							
8:00am							
8:30am	Lap Swim		Lap Swim		Lap Swim	Lap Swim 7:30-10:30	
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		
9:30am		Lessons 9:30-11:00 *7 lanes		Lessons 9:30-11:00 *7 lanes			
10:00am							
10:30am	Lap Swim 10:00-12:00				Lap Swim 10:00-12:00	Lessons 10:30-11:15 *7 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		Lap Swim 10:00-4:00		BAM 12:00-1:00 *4 lanes		
12:30pm							
1:00pm		Lap Swim 12:00-3:00		Lap Swim 12:00-3:00		Lap Swim 11:15-5:30	Lap Swim 9:00-7:00
1:30pm	Lap Swim 1:00-3:00						
2:00pm							
2:30pm					Lap Swim 1:00-5:00		
3:00pm	Flatirons 3:00-5:00 *4 lanes ends 7/14	Flatirons 3:00-5:00 *4 lanes ends 7/22		Flatirons 3:00-5:00 *4 lanes ends 7/17			
3:30pm							
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 6:45-7:45 *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