

# NBRC Lap Pool

## July



The North Boulder Recreation Center will be closed on  
Friday, July 4<sup>th</sup>

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