

NBRC Lap Pool

July



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Lap Swim 6:00-9:00		Lap Swim 6:00-9:00		Lap Swim 6:00-9:00		
6:30am							
7:00am							
7:30am							
8:00am							
8:30am							
9:00am	Drop-in H₂O Fit 9:00-10:00 *4 lanes	Lap Swim 6:00-1:00	Drop-in H₂O Fit 9:00-10:00 *4 lanes	Lap Swim 6:00-1:00	Drop-in H₂O Fit 9:00-10:00 *4 lanes	Lap Swim 7:00-12:00	Lap Swim 8:00-12:00
9:30am							
10:00am	Lap Swim		Lap Swim		Lap Swim		
10:30am	BAM 10:30-11:30 *4 lanes		BAM 10:30-11:30 *3 lanes		BAM 10:30-11:30 *4 lanes		
11:00am							
11:30am	Lap Swim 11:30-3:45	Open Swim 1:00-3:00 *4 lanes	Lap Swim 11:30-3:30	Open Swim 1:00-3:00 *4 lanes	Lap Swim 11:30-4:00	Open Swim 12:00-3:00 *4 lanes	Open Swim 12:00-3:00 *4 lanes
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm	YSI Lessons 3:45-5:00 *7 lanes	Lap Swim 3:00-5:45	YSI Lessons 3:45-5:00 *7 lanes	Lap Swim 3:00-5:45	Open Swim 4:00-7:00 *4 lanes	Lap Swim 3:00-6:30	Lap Swim 3:00-7:30
4:00pm							
4:30pm							
5:00pm	Lessons 5:30-7:00 *6 lanes	Zumba & Diving Board 5:45-6:45 *4 lanes	Lessons 5:30-7:15 *6 lanes	Zumba & Diving Board 5:45-6:45 *4 lanes			
5:30pm							
6:00pm	Drop-in H₂O Fit 7:00-8:00 *5 lanes	Lap Swim 6:45-9:00	Lap Swim 7:15-9:00	Lap Swim 6:45-9:00			
6:30pm							
7:00pm							
7:30pm							
8:00pm	Lap Swim 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