



# Spruce Lap Pool Schedule AUGUST

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00am	<b>Lap Swim</b> 6:00-1:00	<b>Lap Swim</b> 6:00-1:00	<b>Lap Swim</b> 6:00-1:00	<b>Lap Swim</b> 6:00-1:00	<b>Lap Swim</b> 6:00-10:00			
6:30am								
7:00am								
7:30am								
8:00am								
8:30am								
9:00am								
9:30am								
10:00am								
10:30am								
11:00am						<b>Lap Swim</b> 10:00-1:00	<b>Lap Swim</b> 10:00-1:00	
11:30am					<b>Lessons</b> 10:00-11:15 *6 lanes <b>8/1 only</b>			
12:00pm					<b>Lap Swim</b> 11:15-1:00			
12:30pm								
1:00pm	<b>Open Swim</b> 1:00-5:00 *4 lanes	<b>Open Swim</b> 1:00-6:00 *4 lanes	<b>Open Swim</b> 1:00-6:00 *4 lanes					
1:30pm								
2:00pm								
2:30pm								
3:00pm								
3:30pm								
4:00pm								
4:30pm								
5:00pm	<b>Lap Swim</b> 5:00-8:00	<b>Lap Swim</b> 5:00-6:00	<b>Lap Swim</b> 5:00-8:00	<b>Lap Swim</b> 5:00-6:00	<b>Lap Swim</b> 5:00-8:00			
5:30pm								
6:00pm		<b>BAM</b> 6:00-7:00 *4 lanes						<b>Drop-in H<sub>2</sub>O Fit &amp; BAM</b> 6:00-7:00 *2 lanes
6:30pm								
7:00pm		<b>Lap Swim</b> 7:00-8:00						<b>Lap Swim</b> 7:00-8:00
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 go to [www.boulderaquatics.org](http://www.boulderaquatics.org)