



# Spruce Lap Pool Schedule

## August 17- 23



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
6:00am														
6:30am														
7:00am	<b>Lap Swim</b> 7:00-10:30	<b>Lap Swim</b> 7:00-1:00	<b>Lap Swim</b> 7:00-10:30	<b>Lap Swim</b> 7:00-1:00	<b>Lap Swim</b> 7:00-11:30									
7:30am														
8:00am														
8:30am														
9:00am														
9:30am														
10:00am														
10:30am								<b>4 lanes open</b> 10:30-11:30 BAM 8/17 only	<b>4 lanes open</b> 10:30-11:30 BAM 8/19 only					
11:00am														
11:30am												<b>5 lanes open</b> 11:30-12:30 BAM	<b>Lap Swim</b> 10:00-1:00	<b>Lap Swim</b> 10:00-1:00
12:00pm														
12:30pm														
1:00pm						<b>4 lanes open</b> 1:00-5:00 Open Swim								
1:30pm														
2:00pm														
2:30pm														
3:00pm														
3:30pm														
4:00pm								<b>5 lanes open</b> 4:00-5:00 Boulder Swim	<b>5 lanes open</b> 4:00-5:00 Boulder Swim	<b>5 lanes open</b> 4:00-5:00 Boulder Swim	<b>5 lanes open</b> 4:00-5:00 Boulder Swim			
4:30pm														
5:00pm								<b>Lap Swim</b> 5:00-7:00	<b>Lap Swim</b> 5:00-6:00	<b>Lap Swim</b> 5:00-7:00	<b>Lap Swim</b> 5:00-6:00	<b>Lap Swim</b> 4:00-7:00		
5:30pm														
6:00pm	<b>4 lanes open</b> 6:00-7:00 BAM	<b>2 lanes open</b> 6:00-7:00 Drop-in H2O Fit & BAM												
6:30pm														
7:00pm														
7:30pm														
8:00pm														

**"Lanes open" indicates lanes open to the public.**

**\*\*POOL SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME\*\***

For more information go to [www.boulderaquatics.org](http://www.boulderaquatics.org)