



Spruce Lap Pool Schedule

August 24- September 13



Labor Day, Monday, September 7th, Lap Swim
10:00-1pm, Open Swim in 4 lanes, 1:00-6:00

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am							
6:30am							
7:00am							
7:30am							
8:00am							
8:30am							
9:00am							
9:30am	Lap Swim 7:00-1:00	Lap Swim 7:00-1:00	Lap Swim 7:00-1:00	Lap Swim 7:00-1:00	Lap Swim 7:00-11:30		
10:00am							
10:30am							
11:00am							
11:30am							
12:00pm					5 lanes open 11:30-12:30 BAM	Lap Swim 10:00-1:00	Lap Swim 10:30-11:30 CrossFit Roots 9/6 only
12:30pm					Lap Swim		Lap Swim 10:30-1:00
1:00pm						4 lanes open 1:00-6:00 Open Swim	4 lanes open 1:00-6:00 Open Swim
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm	5 lanes open 4:00-5:00 Boulder Swim End 8/31	5 lanes open 4:00-5:00 Boulder Swim End 9/1	5 lanes open 4:00-5:00 Boulder Swim End 9/2	5 lanes open 4:00-5:00 Boulder Swim End 9/3			
4:30pm					Lap Swim 4:00-7:00		
5:00pm	Lap Swim 5:00-7:00	Lap Swim 5:00-6:00	Lap Swim 5:00-7:00	Lap Swim 5:00-6:00			
5:30pm		4 lanes open 6:00-7:00 BAM		2 lanes open 6:00-7:00 Drop-in H2O Fit & BAM			
6:00pm							
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