



NBRC Lap Pool

OCTOBER 1 - 17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Lap Swim 6:00-9:00	Lap Swim 6:00-8:00	Lap Swim 6:00-9:00	Lap Swim 6:00-8:00	Lap Swim 6:00-9:00	Boulder Swimming 7:00-9:00 *3 lanes	Lap Swim 8:00-1:00
6:30am							
7:00am		Drop-in H₂O Fit 8:00-9:00 *4 lanes		Drop-in H₂O Fit 8:00-9:00 *4 lanes			
7:30am							
8:00am							
8:30am							
9:00am	Drop-in H₂O Fit 9:00-10:00 *4 lanes	Flatirons 9:00-11:00 *3 lanes not here 10/11					
9:30am							
10:00am	Lap Swim 9:00-12:00	Lap Swim 9:00-12:00	Lap Swim 9:00-12:00	Lap Swim 9:00-12:00	Lap Swim 10:30-11:30 *3 lanes		
10:30am							
11:00am	Lap Swim 11:30-6:00	BAM 12:00-1:00 *3 lanes	BAM 12:00-1:00 *3 lanes	BAM 12:00-1:00 *3 lanes	Lap Swim 11:00-1:00		
11:30am							
12:00pm		Lap Swim 1:00-4:00	Lap Swim 1:00-4:00	Lap Swim 1:00-4:00	Lap Swim 11:30-7:00	Open Swim 1:00-4:00 *4 lanes	
12:30pm							
1:00pm		Flatirons 4:00-5:30 *3 lanes	Flatirons 4:00-5:30 *3 lanes	Flatirons 4:00-5:30 *3 lanes	Flatirons 4:00-5:30 *3 lanes	Lap Swim 4:00-6:30	
1:30pm							
2:00pm		Drop-in Zumba 5:45-6:45 *4 lanes	Lessons 5:30-6:45 *6 lanes	Drop-in Zumba 5:45-6:45 *4 lanes	Drop-in Zumba 5:45-6:45 *4 lanes	Lap Swim 4:00-6:30	
2:30pm							
3:00pm		BAM & Lessons 6:00-7:00 *3 lanes	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Lap Swim 4:00-6:30	
3:30pm							
4:00pm	Drop-in Pre/Post Natal 7:00-8:00 *4 lanes	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Lap Swim 4:00-6:30		
4:30pm							
5:00pm	Lap Swim 8:00-9:00	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Lap Swim 4:00-6:30		
5:30pm							
6:00pm	Lap Swim 8:00-9:00	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Lap Swim 4:00-6:30		
6:30pm							
7:00pm	Lap Swim 8:00-9:00	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Lap Swim 4:00-6:30		
7:30pm							
8:00pm	Lap Swim 8:00-9:00	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Lap Swim 4:00-6:30		
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