



NBRC Lap Pool

OCTOBER 18 - 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00am	Lap Swim 6:00-7:00	Lap Swim 6:00-8:00	Lap Swim 6:00-7:00	Lap Swim 6:00-8:00	Lap Swim 6:00-7:00				
6:30am									
7:00am	Elks 7:00-8:15 *7 lanes	Drop-in H₂O Fit 8:00-9:00 *4 lanes	Elks 7:00-8:15 *7 lanes	Drop-in H₂O Fit 8:00-9:00 *4 lanes	Elks 7:00-8:15 *7 lanes			Boulder Swimming 7:00-9:00 *3 lanes not 10/25	BAM 8:00-9:30 *2 lanes
7:30am									
8:00am	Lap Swim 8:15-9:00	Lap Swim 9:00-12:00	Lap Swim 8:15-9:00	Lap Swim 9:00-12:00	Lap Swim 8:15-9:00			Lap Swim 9:00-1:00	BAM 9:30-10:30 *4 lanes
8:30am									
9:00am	Drop-in H₂O Fit 9:00-10:00 *4 lanes	BAM 12:00-1:00 *3 lanes	Drop-in H₂O Fit 9:00-10:00 *4 lanes	BAM 12:00-1:00 *3 lanes	Drop-in H₂O Fit 9:00-10:00 *4 lanes			Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-3:00 *4 lanes
9:30am									
10:00am	Lap Swim	Open Swim 1:00-4:00 *4 lanes	Lap Swim	Open Swim 1:00-4:00 *4 lanes	Lap Swim			Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-3:00 *4 lanes
10:30am	BAM 10:30-11:30 *3 lanes								
11:00am		Open Swim 1:00-4:00 *4 lanes	BAM 10:30-11:30 *3 lanes	Open Swim 1:00-4:00 *4 lanes	BAM 10:30-11:30 *3 lanes	Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-3:00 *4 lanes		
11:30am									
12:00pm	Lap Swim 11:30-4:00	Lap Swim 1:00-4:00	Lap Swim 11:30-4:00	Lap Swim 1:00-4:00	Lap Swim 11:30-7:00	Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-3:00 *4 lanes		
12:30pm									
1:00pm		Flatirons & Elks 4:00-5:30 *2 lanes	Elks 4:00-5:30 *4 lanes 10/29 only	Flatirons & Elks 4:00-5:30 *2 lanes	Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-3:00 *4 lanes		
1:30pm									
2:00pm		Drop-in Zumba 5:45-6:45 *4 lanes	Lessons 6:00-6:45 *6 lanes	Drop-in Zumba 5:45-6:45 *4 lanes	Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-3:00 *4 lanes		
2:30pm									
3:00pm		Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-3:00 *4 lanes		
3:30pm									
4:00pm	Elks 4:00-6:00 *4 lanes 10/27 only	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-3:00 *4 lanes		
4:30pm									
4:30pm		Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-3:00 *4 lanes		
5:00pm									
5:30pm	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	Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-3:00 *4 lanes		
6:00pm									
6:30pm	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	Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-3:00 *4 lanes		
7:00pm									
7:30pm		Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-3:00 *4 lanes		
8:00pm									
8:30pm	Lap Swim 8:00-9:00	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-4:00 *4 lanes	Open Swim 1:00-3:00 *4 lanes		
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