



NBRC Lap Pool

October 5- November 1

	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	3 lanes open 7:00-9:00 Boulder Swimming																				
6:30am																										
7:00am		4 lanes open 8:00-9:00 Drop-in H2O Fit		4 lanes open 8:00-9:00 Drop-in H2O Fit				4 lanes open 9:00-10:00 Drop-in H ₂ O Fit	4 lanes open 9:00-10:00 Drop-in H ₂ O Fit	3 lanes open 9:00-11:00 Flatirons	2 lanes open 8:00-9:30 BAM															
7:30am																										
8:00am																										
8:30am	Lap Swim 11:30-6:00	Lap Swim 1:00-4:00	Lap Swim 11:30-5:30	Lap Swim 1:00-4:00	Lap Swim 11:30-7:00	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board																			
9:00am								Lap Swim 9:00-12:00	Lap Swim 9:00-10:00 Drop-in H ₂ O Fit	Lap Swim 9:00-12:00	Lap Swim 9:00-12:00	3 lanes open 9:00-11:00 Flatirons	4 lanes open 9:30-10:30 BAM													
9:30am																										
10:00am								3 lanes open 10:30-11:30 BAM	3 lanes open 10:30-11:30 BAM	3 lanes open 10:30-11:30 BAM	3 lanes open 10:30-11:30 BAM	Lap Swim 11:00-1:00	Lap Swim 10:30-1:00													
10:30am																										
11:00am								Lap Swim 11:30-6:00	Lap Swim 1:00-4:00	Lap Swim 11:30-5:30	Lap Swim 1:00-4:00	Lap Swim 11:30-7:00	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board												
11:30am															4 lanes open 12:00-1:00 BAM	4 lanes open 12:00-1:00 BAM	4 lanes open 12:00-1:00 BAM	4 lanes open 11:00-1:00	Lap Swim 10:30-1:00							
12:00pm																										
12:30pm															Lap Swim 11:30-6:00	Lap Swim 1:00-4:00	Lap Swim 11:30-5:30	Lap Swim 1:00-4:00	Lap Swim 11:30-7:00	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board					
1:00pm																						3 lanes open 4:00-5:30 Flatirons	3 lanes open 4:00-5:30 Flatirons	3 lanes open 4:00-5:30 Flatirons	Lap Swim 4:00-6:30	Lap Swim 4:00-7:30
1:30pm																										
2:00pm	Lap Swim 11:30-6:00	Lap Swim 1:00-4:00	Lap Swim 11:30-5:30	Lap Swim 1:00-4:00	Lap Swim 11:30-7:00	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board																			
2:30pm																						4 lanes open 5:45-6:45 Drop-in Zumba	7 lanes open	Lap Swim 5:30-7:00	Lap Swim 4:00-6:30	Lap Swim 4:00-7:30
3:00pm																										
3:30pm																						Lap Swim 11:30-6:00	Lap Swim 1:00-4:00	Lap Swim 11:30-5:30	Lap Swim 1:00-4:00	Lap Swim 11:30-7:00
4:00pm								6 lanes open 6:00-7:00 Lessons	6 lanes open 6:00-7:00 Lessons	Lap Swim 5:30-7:00	Lap Swim 4:00-6:30	Lap Swim 4:00-7:30														
4:30pm																										
4:30pm								Lap Swim 11:30-6:00	Lap Swim 1:00-4:00	Lap Swim 11:30-5:30	Lap Swim 1:00-4:00	Lap Swim 11:30-7:00	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board												
5:00pm															4 lanes open 7:00-8:00 Water Polo Fitness	Lap Swim 7:00-9:00	Lap Swim 7:00-8:00 Water Polo Fitness	Lap Swim 4:00-6:30	Lap Swim 4:00-7:30							
5:30pm																										
6:00pm															Lap Swim 11:30-6:00	Lap Swim 1:00-4:00	Lap Swim 11:30-5:30	Lap Swim 1:00-4:00	Lap Swim 11:30-7:00	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board					
6:30pm	4 lanes open 7:00-8:00 Water Polo Fitness	Lap Swim 7:00-9:00	Lap Swim 7:00-8:00 Water Polo Fitness	Lap Swim 4:00-6:30	Lap Swim 4:00-7:30																					
7:00pm																										
7:00pm	Lap Swim 11:30-6:00	Lap Swim 1:00-4:00	Lap Swim 11:30-5:30	Lap Swim 1:00-4:00	Lap Swim 11:30-7:00	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board																			
7:30pm																						6 lanes open 7:00-8:00 Water Polo Fitness	Lap Swim 7:00-9:00	Lap Swim 7:00-8:00 Water Polo Fitness	Lap Swim 4:00-6:30	Lap Swim 4:00-7:30
8:00pm																										
8:00pm																						Lap Swim 11:30-6:00	Lap Swim 1:00-4:00	Lap Swim 11:30-5:30	Lap Swim 1:00-4:00	Lap Swim 11:30-7:00
8:30pm								4 lanes open 7:00-8:00 Water Polo Fitness	Lap Swim 7:00-9:00	Lap Swim 7:00-8:00 Water Polo Fitness	Lap Swim 4:00-6:30	Lap Swim 4:00-7:30														
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9:00pm															4 lanes open 7:00-8:00 Water Polo Fitness	Lap Swim 7:00-9:00	Lap Swim 7:00-8:00 Water Polo Fitness	Lap Swim 4:00-6:30	Lap Swim 4:00-7:30							
9:00pm																										

"Lanes open" indicates lanes open to the public.

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

For more information call 303-413-7260 or go to www.boulderaquatics.org