



# NBRC Lap Pool

## NOVEMBER 12 - 30

11/17/2014



The North Boulder Recreation Center will be closed on  
Thurs, Nov 27<sup>th</sup> and opening at 8:00am on Fri, Nov 28<sup>th</sup>

|         | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday                                  | Sunday                       |   |                                      |
|---------|---|--|---|--|---|---|------------------------------|---|--------------------------------------|
| 6:00am  | <b>Lap Swim</b><br>6:00-7:00                                | <b>Lap Swim</b><br>6:00-8:00                               | <b>Lap Swim</b><br>6:00-7:00                                | <b>Lap Swim</b><br>6:00-8:00                               | <b>Lap Swim</b><br>6:00-7:00                                |   |                              |   |                                      |
| 6:30am  |   |  |   |  |   |   |                              |   |                                      |
| 7:00am  | <b>Elks</b><br>7:00-8:15<br>*7 lanes                        | <b>Drop-in H<sub>2</sub>O Fit</b><br>8:00-9:00<br>*4 lanes | <b>Elks</b><br>7:00-8:15<br>*7 lanes                        | <b>Drop-in H<sub>2</sub>O Fit</b><br>8:00-9:00<br>*4 lanes | <b>Elks</b><br>7:00-8:15<br>*7 lanes                        |   |                              | <b>Boulder Swimming</b><br>7:00-9:00<br>*3 lanes    |                                      |
| 7:30am  |   |  |   |  |   |   |                              |   |                                      |
| 8:00am  | <b>Lap Swim</b><br>8:15-9:00                                | <b>Lap Swim</b><br>9:00-12:00                              | <b>Lap Swim</b><br>8:15-9:00                                | <b>Lap Swim</b><br>9:00-12:00                              | <b>Lap Swim</b><br>8:15-9:00                                |   |                              | <b>Flatirons</b><br>9:00-10:00<br>*3 lanes          | <b>BAM</b><br>8:00-9:30<br>*2 lanes  |
| 8:30am  |   |  |   |  |   |   |                              |   |                                      |
| 9:00am  | <b>Drop-in H<sub>2</sub>O Fit</b><br>9:00-10:00<br>*4 lanes | <b>Lap Swim</b><br>1:00-4:00                               | <b>Drop-in H<sub>2</sub>O Fit</b><br>9:00-10:00<br>*4 lanes | <b>Lap Swim</b><br>1:00-4:00                               | <b>Drop-in H<sub>2</sub>O Fit</b><br>9:00-10:00<br>*4 lanes |   |                              | <b>Fitrns &amp; Elks</b><br>10:00-11:00<br>*2 lanes | <b>BAM</b><br>9:30-10:30<br>*4 lanes |
| 9:30am  |   |  |   |  |   |   |                              |   |                                      |
| 10:00am | <b>Lap Swim</b><br>10:30-11:30<br>*3 lanes                  | <b>Lap Swim</b><br>1:00-4:00                               | <b>Lap Swim</b><br>10:30-11:30<br>*3 lanes                  | <b>Lap Swim</b><br>1:00-4:00                               | <b>Lap Swim</b><br>10:30-11:30<br>*3 lanes                  |   |                              | <b>BHS</b><br>11:00-12:30<br>*5 lanes               |                                      |
| 10:30am |   |  |   |  |   |   |                              |   |                                      |
| 11:00am |   | <b>Lap Swim</b><br>1:00-4:00                               |   | <b>Lap Swim</b><br>1:00-4:00                               |   | <b>Lap Swim</b>                           |                              |   |                                      |
| 11:30am |   |  |   |  |   |   |                              |   |                                      |
| 12:00pm |   | <b>Lap Swim</b><br>1:00-4:00                               |   | <b>Lap Swim</b><br>1:00-4:00                               |   | <b>Open Swim</b><br>1:00-4:00<br>*4 lanes |                              |   |                                      |
| 12:30pm |   |  |   |  |   |   |                              |   |                                      |
| 1:00pm  | <b>Lap Swim</b><br>11:30-4:00                               | <b>Lap Swim</b><br>1:00-4:00                               | <b>Lap Swim</b><br>11:30-4:00                               | <b>Lap Swim</b><br>1:00-4:00                               | <b>Lap Swim</b><br>11:30-4:00                               | <b>Open Swim</b><br>1:00-4:00<br>*4 lanes |                              |   |                                      |
| 1:30pm  |   |  |   |  |   |   |                              |   |                                      |
| 2:00pm  |   | <b>Lap Swim</b><br>1:00-4:00                               |   | <b>Lap Swim</b><br>1:00-4:00                               |   | <b>Open Swim</b><br>1:00-4:00<br>*4 lanes |                              |   |                                      |
| 2:30pm  |   |  |   |  |   |   |                              |   |                                      |
| 3:00pm  |   | <b>Lap Swim</b><br>1:00-4:00                               |   | <b>Lap Swim</b><br>1:00-4:00                               |   | <b>Open Swim</b><br>1:00-4:00<br>*4 lanes |                              |   |                                      |
| 3:30pm  |   |  |   |  |   |   |                              |   |                                      |
| 4:00pm  | <b>BHS</b><br>4:00-5:00<br>*3 lanes                         | <b>BHS</b><br>4:00-5:30<br>*4 lanes                        | <b>BHS</b><br>4:00-5:00<br>*3 lanes                         | <b>BHS</b><br>4:00-6:00<br>*4 lanes                        | <b>BHS</b><br>4:00-5:00<br>*2 lanes                         |   |                              |   |                                      |
| 4:30pm  |   |  |   |  |   |   |                              |   |                                      |
| 5:00pm  | <b>BHS &amp; Elks</b><br>5:00-6:00<br>*3 lanes              | <b>Drop-in Zumba</b><br>5:45-6:45<br>*4 lanes              | <b>BHS &amp; Elks</b><br>5:00-6:00<br>*3 lanes              | <b>Lap Swim</b><br>6:00-9:00                               | <b>BHS &amp; Elks</b><br>5:00-6:00<br>*2 lanes              | <b>Lap Swim</b><br>4:00-6:30              |                              |   |                                      |
| 5:30pm  |   |  |   |  |   |   |                              |   |                                      |
| 6:00pm  | <b>BAM</b><br>6:00-7:00<br>*4 lanes                         | <b>Lap Swim</b><br>6:45-9:00                               |   | <b>Lap Swim</b><br>6:00-9:00                               | 6:00-6:30 *5 lanes  |   |                              |   |                                      |
| 6:30pm  |   |  |   |  |   |   |                              | <b>Lap Swim</b>                                     |                                      |
| 7:00pm  | <b>Drop-in H<sub>2</sub>O Fit</b><br>7:00-8:00<br>*4 lanes  | <b>Lap Swim</b><br>6:45-9:00                               | <b>Lap Swim</b><br>6:00-9:00                                | <b>Lap Swim</b><br>6:00-9:00                               |   |   |                              |   |                                      |
| 7:30pm  |   |  |   |  |   |   |                              |   |                                      |
| 8:00pm  | <b>Lap Swim</b><br>8:00-9:00                                | <b>Lap Swim</b><br>6:45-9:00                               |   | <b>Lap Swim</b><br>6:00-9:00                               |   |   |                              |   |                                      |
| 8:30pm  |   |  |   |  |   |   |                              |   |                                      |
| 9:00pm  |   |  |   |  |   |   | <b>Lap Swim</b><br>6:30-7:30 |   |                                      |

**\*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](http://www.boulderaquatics.org)