



# NBRC Lap Pool

## November 16-29

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
6:00am	<b>Lap Swim</b> 6:00-9:00	<b>Lap Swim</b> 6:00-8:00	<b>Lap Swim</b> 6:00-9:00	<b>Lap Swim</b> 6:00-8:00	<b>Lap Swim</b> 6:00-9:00	<b>3 lanes open</b> 7:00-9:00 Boulder Swimming					
6:30am											
7:00am		<b>4 lanes open</b> 8:00-9:00 Drop-in H2O Fit		<b>4 lanes open</b> 8:00-9:00 Drop-in H2O Fit							
7:30am											
8:00am		<b>4 lanes open</b> 9:00-10:00 Drop-in H <sub>2</sub> O Fit		<b>4 lanes open</b> 9:00-10:00 Drop-in H <sub>2</sub> O Fit		<b>4 lanes open</b> 9:00-10:00 Drop-in H <sub>2</sub> O Fit		<b>4 lanes open</b> 9:00-10:00 Drop-in H <sub>2</sub> O Fit	<b>2 lanes open</b> 9:00-11:00 Flatirons not 11/21	<b>2 lane open</b> 8:00-9:30 BAM	
8:30am											
9:00am	<b>Lap Swim</b> 9:00-12:00	<b>Lap Swim</b> 9:00-12:00	<b>Lap Swim</b> 9:00-12:00	<b>Lap Swim</b> 9:00-12:00	<b>Lap Swim</b> 9:00-12:00	<b>Lap Swim</b> 11:00-1:00	<b>Lap Swim</b> 10:30-1:00				
9:30am											
10:00am								<b>3 lanes open</b> 10:30-11:30 BAM	<b>3 lanes open</b> 10:30-11:30 BAM	<b>3 lanes open</b> 10:30-11:30 BAM	<b>3 lanes open</b> 10:30-11:30 BAM
10:30am											
11:00am								<b>Lap Swim</b> 11:30-4:00	<b>Lap Swim</b> 11:30-4:00	<b>Lap Swim</b> 11:30-4:00	<b>Lap Swim</b> 11:30-4:00
11:30am											
12:00pm	<b>4 lanes open</b> 12:00-1:00 BAM	<b>4 lanes open</b> 12:00-1:00 BAM									
12:30pm											
1:00pm	<b>Lap Swim</b> 1:00-4:00	<b>Lap Swim</b> 1:00-4:00	<b>Lap Swim</b> 1:00-4:00	<b>Lap Swim</b> 1:00-4:00	<b>Lap Swim</b> 1:00-4:00	<b>2 lanes open</b> 4:00-5:30 BHS/EIks	<b>Lap Swim</b> 4:00-7:30				
1:30pm											
2:00pm								<b>6 lanes open</b>	<b>5 lanes open</b>	<b>Lap Swim</b> 5:30-7:00	<b>6 lanes open</b>
2:30pm											
2:30pm								<b>4 lanes open</b> 5:45-6:45 Drop-in Zumba	<b>6 lanes open</b> 6:00-7:00 Lessons	<b>Lap Swim</b> 6:00-7:00	<b>Lap Swim</b> 6:00-7:00
3:00pm											
3:30pm	<b>Lap Swim</b> 6:45-9:00	<b>Lap Swim</b> 6:45-9:00	<b>Lap Swim</b> 7:00-9:00	<b>Lap Swim</b> 7:00-9:00	<b>Lap Swim</b> 7:00-9:00	<b>Lap Swim</b> 4:00-6:30	<b>Lap Swim</b> 4:00-7:30				
4:00pm											
4:30pm								<b>4 lanes open</b> 7:00-8:00 Drop in H2O Fit	<b>Lap Swim</b> 7:00-9:00	<b>6 lanes open</b> 7:00-8:00 D3 Start 12/3	<b>Lap Swim</b> 8:00-9:00
5:00pm											
5:30pm								<b>Lap Swim</b> 8:00-9:00	<b>Lap Swim</b> 8:00-9:00	<b>Lap Swim</b> 8:00-9:00	<b>Lap Swim</b> 8:00-9:00
6:00pm											
6:30pm	<b>Lap Swim</b> 8:00-9:00	<b>Lap Swim</b> 8:00-9:00	<b>Lap Swim</b> 8:00-9:00	<b>Lap Swim</b> 8:00-9:00							
7:00pm											
7:30pm	<b>Lap Swim</b> 8:00-9:00	<b>Lap Swim</b> 8:00-9:00	<b>Lap Swim</b> 8:00-9:00	<b>Lap Swim</b> 8:00-9:00							
8:00pm											
8:30pm	<b>Lap Swim</b> 8:00-9:00	<b>Lap Swim</b> 8:00-9:00	<b>Lap Swim</b> 8:00-9:00	<b>Lap Swim</b> 8:00-9:00							
9:00pm											
9:00pm	No Lessons 11/23		No Lessons 11/25								

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