



# East Boulder Recreation Center Leisure Pool

## November

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am		<b>Adult-Warm Water Wellness</b> 7:30-9:30		<b>Adult-Warm Water Wellness</b> 7:30-9:00		<b>Swim Lessons</b> 9:00-12:00	
8:00am	<b>Aqua-Fit</b> 8:00-9:00		<b>55+ W.W.F (2)</b> 9-9:45		<b>Aqua-Fit</b> 8:00-9:00		
8:30am		<b>55+ W.W.F (2)</b> 9-9:45		<b>55+ W.W.F (2)</b> 9-10:00	<b>Aqua Motion</b> 9:00-9:30		
9:00am	<b>Aqua Motion</b> 9:45-10:15		<b>Twinges in the Hinges</b> 9:30-10:30		<b>Aqua Motion</b> 9:45-10:15		
9:30am							
10:00am							
10:30am	<b>Open Swim</b> 10:30-1:00	<b>Open Swim</b> 10:30-1:00	<b>Open Swim</b> 10:30-1:00	<b>Open Swim</b> 10:30-1:00	<b>Open Swim</b> 10:30-1:00		
11:00am							
11:30am							
12:00pm							
12:30pm							
1:00pm	<b>55+ W.W.F (3)</b> 1-2:00	<b>55+ W.W.F (1)</b> 1-1:45	<b>55+ W.W.F (3)</b> 1-2:00	<b>55+ W.W.F (1)</b> 1-1:45	<b>Adult-Warm Water Wellness</b> 1:00-3:00	<b>Open Swim</b> 12:00-5:30	<b>Open Swim</b> 9:30-7:30
1:30pm							
2:00pm	<b>Aqua-Core</b> 2:00-3:00	<b>Adult-Warm Water Wellness</b> 2:00-3:00	<b>Aqua-Core</b> 2:00-3:00	<b>Adult-Warm Water Wellness</b> 2:00-3:00			
2:30pm							
3:00pm	<b>Open Swim</b> 3:00-5:15	<b>Open Swim</b> 3:00-5:15	<b>Open Swim</b> 3:00-5:15	<b>Open Swim</b> 3:00-5:15	<b>Open Swim</b> 3:00-9:00		
3:30pm							
4:00pm							
4:30pm							
5:00pm	<b>EXPAND</b> 5:15-6:15 shallow end open	<b>Swim Lessons</b> 5:15-7:15	<b>Adult-Warm Water Wellness</b> 5:15-6:15	<b>Swim Lessons</b> 5:15-7:15			
5:30pm							
6:00pm	<b>Hy-Dro Drive</b> 6:15-7:15 shallow end open	<b>Hy-Dro Drive</b> 6:15-7:15 shallow end open					
6:30pm							
7:00pm							
7:30pm	<b>Open Swim</b> 7:15-9:00	<b>Open Swim</b> 7:15-9:00	<b>Open Swim</b> 7:15-9:00	<b>Open Swim</b> 7:15-9:00			
8:00pm							
8:30pm							
9:00pm							

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

For more information call 303-441-4400 or go to [www.boulderaquatics.org](http://www.boulderaquatics.org)