



WHEAT RIDGE  
RECREATION CENTER

Questions?

Call the

Pool Manager

303-231-1322

Wheat Ridge  
Recreation Center  
City of Wheat Ridge  
Parks and Recreation  
4005 Kipling St.  
Wheat Ridge, CO  
80033  
303-231-1300  
www.ci.wheatridge.co.us

## AQUATICS/LAP POOL SCHEDULE



ACTIVITY	SUN	MON	TUE	WED	THUR	FRI	SAT
LAP SWIM	10am-11am (4 lanes)	5am-8:55am (8 lanes)	5am-6:30am (5 lanes)	5am-8:55am (8 lanes)	5am-6:30am (5 lanes)	5am-8:55am (8 lanes)	7am-8am (8 lanes)
	11:10am-1pm (8 lanes)	9am-12pm (4 lanes)	6:30am-8am (8 lanes)	9am-12pm (4 lanes)	6:30am-8am (8 lanes)	9am-12pm (4 lanes)	8am-12pm (4 lanes)
	1pm-4pm (4 lanes)	12pm-1pm (8 lanes)	8am-12pm (4 lanes)	12pm-1pm (8 lanes)	8am-12pm (4 lanes)	12pm-1pm (8 lanes)	12pm-1pm (8 lanes)
	4pm-5pm (2 lanes)	1-5pm (4 lanes)	12pm-1pm (8 lanes)	1pm-5pm (4 lanes)	12pm-1pm (8 lanes)	1pm-5pm (4 lanes)	1pm-6pm (4 lanes)
	5pm-7:30pm (6 lanes)	5pm-9pm (2 lanes)	1pm-5pm (4 lanes)  5pm-9pm (2 lanes)	5pm-9pm (2 lanes)	1pm-5pm (4 lanes)  5pm-9pm (2 lanes)	5pm-6pm (2 lanes)	6pm-7:30pm (2 lanes)
AQUA EXERCISE	10am-11am Barb S.	9am-10am Alice  10:30am-11:30am Sheri	8am-9am Marta  9am-10am Sheri  5:30pm-6:30pm Barb. H	9am-10am Alice  10:30am-11:30am Sheri	8am-9am Marta  9am-10am (Kickboxing) Alice  5:30pm-6:30pm Barb. H	9am-10am Sheri  10:30am-11:30am (Deep) Alice	8am-9am (Kickboxing) Alice (Zumba) Bobbi **Rotate every other week**
	OPEN SWIM	1pm-6pm					1pm-6pm
DIVING BOARD*	1pm-5pm	1pm-3pm*	1pm-3pm*	1pm-3pm*	1pm-3pm*	1pm-3pm*	1pm-6pm
SWIM LESSONS		4pm-7:15pm	3pm-8pm	4pm-7:15pm	3pm-8pm		9am - 12pm

We will make every attempt to maintain two lap lanes at all open swim times.

\*Diving Board Monday - Friday (by request only)

\*Pool schedule subject to change without notice.

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Revised 01/26/2017

## AQUATICS/LEISURE POOL SCHEDULE



ACTIVITY	SUN	MON	TUE	WED	THUR	FRI	SAT
ADULT SWIM & RIVER WALK		5am-10am 5pm-7:15pm	5am-10am	5am-10am 5pm-7:15pm	5am-10am	5am-10am	7-10am
AQUA EXERCISE		10:15am-11:00am Alice	10:15am-11:00am Alice	10:15am-11:00am Alice 5:30pm-6:30pm Barb H.	10:15am-11:00am Alice	10:15am-11:00am Shirley	
AQUA ZUMBA		8am-8:45am Marta		8am-8:45am Marta		8am-8:45am Marta	
AQUA TAI CHI			9:05am-9:50am Marta				
RIVER WALKING CLASS		7:15am-8:15am Sheila	9:15am-10:15am Sheila	7:15am-8:15am Sheila	9:15am-10:15am Sheila		
*MODIFIED OPEN SWIM	10am-12pm	10am-4pm 8-9p	10am-4pm 8pm-9pm	10am-4pm 8pm-9pm	10am-4pm 8-9p	10am-4pm	10am-12pm
OPEN SWIM	12pm-7:30pm	4pm-5pm 7:15pm-8pm	4pm-8pm	4pm-5pm 7:15pm-8pm	4pm-8pm	4pm-6pm	12pm-7:30pm
SLIDE	12pm-7:30pm	4pm-5pm 7:15pm-8pm	4pm-8pm	4pm-5pm 7:15pm-8pm	4pm-8pm	4pm-6pm	12pm-7:30pm
STEAM ROOM & SAUNA	10am-7:30pm	5am-9:30pm	5am-9:30pm	5am-9:30pm	5am-9:30pm	5am-6pm	7am-7:30pm
WHIRLPOOL	10am-7:30pm	5am-9pm	5am-9pm	5am-9pm	5am-9pm	5am-6pm	7am-7:30pm
SWIM LESSONS		4pm-7:15pm	3pm-8pm	4pm-7:15pm	3pm-8pm		9am-12pm

### PLEASE NOTE:

- Children 5 years and under in the water must be with an adult in the water within arms reach at all times.
- All children 3 years and under must wear a swim diaper in the pools - no exceptions.
- Mondays and Wednesdays the leisure pool is closed to children 5:00-7:15 pm due to swim lessons. The pool is open to adults only during this time.
- \*Modified Open Swim - the slide or river will be closed. Activity fountains may be off, but can be turned on by request.
- Pool schedule subject to change without notice.