

## DURANGO RECREATION CENTER LAP POOL SCHEDULE

### Pool Hours

Monday - Friday: 5:45AM - 7:30PM

Saturday: 9:00AM - 5:30PM

Sunday: 12:00PM- 4:30PM

### Average Pool Temperatures

Lap Pool: 80

Leisure Pool: 89

Hot Tub: 103

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6:00 AM	Masters Swim Team 6:00 - 7:30	Lap Swim	Masters Swim Team 6:00 - 7:30	Lap Swim	Masters Swim Team 6:00 - 7:30	<u>CLOSED</u>	<u>CLOSED</u>		
6:30 AM									
7:00 AM									
7:30 AM	Lap Swim							Lap Swim	
8:00 AM									
8:30 AM									
9:00 AM									
9:30 AM									
10:00 AM									
10:30 AM									
11:00 AM									
11:30 AM									
12:00 PM	Masters Swim Team 12:00 - 1:00		Masters Swim Team 12:00 - 1:00						
12:30 PM	Lap Swim				Lap Swim	Lap Swim 12:00-4:30			
1:00 PM									
1:30 PM									
2:00 PM		Hydro-Robics Linda 2:00- 2:45	Lap Swim	Hydro- Robics Linda 2:00- 2:45					
2:30 PM									
3:00 PM		Lap Swim		Lap Swim					
3:30 PM	Durango Swim Club 3:45- 7:00				Durango Swim Club 3:45- 7:00	<u>CLOSED</u>			
4:00 PM									
4:30 PM									
5:00 PM									
5:30 PM									
6:00 PM									
6:30 PM	Lap Swim		Kayak Night 6:00-7:30						
7:00 PM									
7:30 PM									
<b>*Two public lanes will be available during all scheduled practices.</b>									
Durango Swim Club	A USA swimming affiliated club of competitive swimmers, ages 5 to 18. Knowledge of general swim techniques is required. For more information visit <a href="http://durangoswimclub.org">durangoswimclub.org</a>								
Masters Swim Team	Masters Swimming is a year round program consisting of adults, 18 and over, who strive to maintain fitness, train for competitions or wish to meet and compete with other swimmers.								
Hydro Aerobics	Energetic, full body workout. Begins in the Lap Pool with 45 minutes of low impact aerobics and resistance exercises in a circuit training format. Concludes in Leisure Pool for last 10 minutes.								
Kayak Roll Session	Come and practice your roll technique and paddle through the "open water" of the lap pool in your kayak. **Extra fee required per boat.								

## DURANGO RECREATION CENTER LEISURE POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
6:00 AM	Adult Fitness	Adult Fitness	Adult Fitness	Adult Fitness	Adult Fitness	<u>CLOSED</u>	<u>CLOSED</u>				
6:30 AM											
7:00 AM											
7:30 AM	Aquatic Based Physical Therapy Jo C*** 8:00-9:00	Aquatic Based Physical Therapy Sue B*** 8:00- 9:00		Aquatic Based Physical Therapy Sue B*** 8:00- 9:00			<u>CLOSED</u>				
8:00 AM											
8:30 AM											
9:00 AM											
9:30 AM	Yo-Qua Maureen 9:00- 10:00	Water Aerobics Darlene 9:00 - 10:00	Yo-Qua Maureen 9:00- 10:00	Water Aerobics Darlene 9:00 - 10:00	Yo-Qua Maureen 9:00- 10:00	Aqua Fit Blast JoC 9:00- 10:00					
10:00 AM	Open Family Swim	Open Family Swim	Open Family Swim	Open Family Swim	Open Family Swim	Open Family Swim	Open Family Swim 12:00-4:30				
10:30 AM											
11:00 AM											
11:30 AM											
12:00 PM											
12:30 PM											
1:00 PM											
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM											
3:30 PM											
4:00 PM											
4:30 PM	Water Aerobics Darlene 4:30-5:30	Open Family Swim	Water Aerobics Darlene 4:30-5:30	Open Family Swim	Water Aerobics Darlene 4:30-5:30	<u>CLOSED</u>	<u>CLOSED</u>				
5:00 PM	Open Family Swim										
5:30 PM	Open Family Swim										
6:00 PM											
6:30 PM											
7:00 PM											
7:30 PM											
<p><b>*Pool toys and water slide turn on at 10:00am M-F &amp; all day Saturday and Sundays.</b>  <b>*May is the month of field trips for students to the pool. Be aware of large groups between 10:00-3:00pm.</b></p>											
Aquatic Based Physical Therapy	*** This class now requires a pass from the front desk, with a max of 25 students. This class offers therapy in the Leisure Pool for people with spine and orthopedic problems. A Licensed Physical Therapist provides a functional exercise approach to improve core strength as well as trunk, hip and shoulder mobility.										
Water Aerobics	The classes focus on aerobic endurance & resistance training. Enjoy a full hour of fun in the comfort of the warm leisure pool.										
Open Family Swim	The Leisure pool will be open for families upon reservations with a max capacity of 25 people in the leisure pool area. Children 6 years & younger must be accompanied by an adult IN THE WATER AT ALL TIMES.										
Yoqua	Yoga for "Every Body". Discover many benefits of yoga in the "can do" environment of the warm water. No prior yoga experience required. This is an extra fee class. *** \$10/class. Must sign up in advance.										
Durango Swim Club	A USA swimming affiliated club of competitive swimmers, ages 5 to 18. Knowledge of general swim techniques is required. For more information visit durangoswimclub.org. During this time the leisure lap lanes will be <b>CLOSED</b> .										
Aqua Fit Blast	Join the splashing, laughing and fun of water aerobics combined with movements that improve stretching, balance and coordination.										
Water Works	A super fun class that includes cardio, upper and lower body strength and flexibility exercises, core and balance, and a relaxing cool down. We move to music that is appropriate for all ages, and may incorporate water weights, and other water										
Adaptive Swimming	For athletes with disabilities who would like to practice swimming. Open to all ages and disabilities. For more information contact Bill Frownfelter at (970) 708- 1058										