



UCHealth Medical Fitness Lap Pool Schedule April 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
6:00				SwimFIT 5:30-6:30		Closed	
7:00	Lap Swim Only 5:00-9:00	Lap Swim Only 5:00-9:00		Lap Swim Only 5:00-5:30 & 6:30-9:00			Closed
8:00			Lap Swim Only 5:00-12:00		Lap Swim Only 5:00-12:00		
9:00	AquaFIT 9:00-10:00	AquaFIT 9:00-10:00		AquaFIT 9:00-10:00		Lap Swim Only 7:00-12:00	
10:00	Lap Swim Only 10:00-12:00	Lap Swim Only 10:00-12:00		Lap Swim Only 10:00-12:00			Lap Swim Only 9:00-12:00
11:00							
12:00							
1:00							
2:00		One-lane Open Swim/Two-lanes Lap Swim 12:00-6:30 & 7:30-8:45				One-lane Open Swim/Two-lanes Lap Swim 12:00-5:45	One-lane Open Swim/Two-lanes Lap Swim 12:00-4:45
3:00	One-lane Open Swim/Two-lanes Lap Swim 12:00-8:45		One-lane Open Swim/ Two-lanes Lap Swim 12:00-8:45	One-lane Open Swim/Two-lanes Lap Swim 12:00-8:45	One-lane Open Swim/Two-lanes Lap Swim 12:00-7:45		
4:00							
5:00							
6:00							
7:00		SwimFIT 6:30-7:30				Closed	Closed
8:00					Closed		

- **No Lifeguard On Duty. No Jumping, Running or Diving.**
- **Adult Exercise:** Pool is reserved for adult water exercise and therapy.
- **Open Swim:** All ages welcome. Children under the age of 16 must be accompanied by a parent or legal guardian 18 years of age or older.
- **Warm Water Classes** (highlighted in blue): Pool is reserved for class participants. See Group EX schedule for class descriptions.
- **Aquatics Center closes 15 minutes prior to the fitness center closing.**
- **Youth Swim Lessons:** Private youth swim lessons may be scheduled during adult exercise swim times.
- **Special Programs:** Occasionally the pool may be reserved for special aquatic programming.