

DURANGO RECREATION CENTER LEISURE LAP LANE SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	CLOSED	CLOSED
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM	Aquatic Based Physical Therapy JoC	Aquatic Based Physical Therapy Casey		Aquatic Based Physical Therapy Sue B			
8:30 AM							
9:00 AM	Open Swim	Water Aerobics Darlene 9:00 - 10:00		Water Aerobics Darlene 9:00 - 10:00			
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:00 PM							
1:00 PM		Open Swim					
1:30 PM		Open Swim		Open Swim			
2:30 PM							
3:00 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	Water Aerobics Darlene 5:00-6:00	AquaFit Blast Linda 4:30-5:30	Water Aerobics Darlene 5:00-6:00	AquaFit Blast Linda 4:30-5:30	Water Aerobics Darlene 5:00-6:00		
5:30 PM							
6:00 PM		Open Swim		Open Swim			
6:30 PM	Open Swim		Open Swim	Open Swim	Open Swim		

Leisure lap lanes will be closed during scheduled classes, due to social distancing.

During OPEN SWIM max occupancies:

3 people per lane (6 total)

4 people in current channel

4 people in hot tub

Aquatic Based Physical Therapy	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	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.
AquaFit Blast	Begin your weekend with this fantastic, fun, FULL body AquaFit Blast workout in the warm pool that includes: warm-up, cardio HIT, toning, stretching and meditation. All fitness levels are welcome!