

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>			
6:30 AM									
7:00 AM									
7:30 AM			Water Aerobics Beverly 7:30- 8:30						
8:00 AM	Aquatic Based Physical Therapy	Aquatic Based Physical Therapy	Adult Fitness	Aquatic Based Physical Therapy					
8:30 AM									
9:00 AM	Group Swim Lessons 9:00-11:00 CLOSED TO PUBLIC	Group Swim Lessons 9:00-11:00 CLOSED TO PUBLIC	Group Swim Lessons 9:00-11:00 CLOSED TO PUBLIC	Group Swim Lessons 9:00-11:00 CLOSED TO PUBLIC	Water Aerobics Beverly 9:00 - 10:00	Open Family Swim	<u>CLOSED</u>		
9:30 AM									
10:00 AM									
10:30 AM									
11:00 AM	Water Aerobics Beverly 11:00 - 12:00	Water Aerobics Darlene 11:00 - 12:00	Open Family Swim	Water Aerobics Darlene 11:00 - 12:00	Open Family Swim	Open Family Swim			
11:30 AM									
12:00 PM	Open Family Swim	Open Family Swim		Open Family Swim				Open Family Swim	Open Family Swim
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM		Hydro-Aerobics 2:45-3:00	Open Family Swim	Hydro-Aerobics 2:45-3:00	Open Family Swim	Open Family Swim			
3:30 PM									
4:00 PM									
4:30 PM	Water Aerobics Darlene 4:30-5:30	Group Swim Lessons 4:30-6:30 CLOSED TO PUBLIC		Water Aerobics Darlene 4:30-5:30				Group Swim Lessons 4:30-6:30 CLOSED TO PUBLIC	Water Aerobics Darlene 4:30-5:30
5:00 PM	Open Family Swim		Open Family Swim		Open Family Swim				
5:30 PM									
6:00 PM									
6:30 PM	Open Family Swim		Open Family Swim		Open Family Swim				
7:00 PM									
*At 10:00am pool toys and blue waterslide will be turned on. Swim lesson mornings they will be turned on at 11:00am.									
Hydro- Aerobics	Hydro-Aerobics will be coming over from their lap pool workout to stretch for 15 minutes in the leisure lap lanes.								
Group Swim Lessons	During group swim lessons the Leisure Pool will now be closed to the public. The only area that will be available for use is the current channel and hot tub for ADULT FITNESS ONLY. Evening Lessons are from June 1st- 24th and morning lessons are from June 7th-17th.								
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 of low impact aerobics and resistance exercises in a circuit training format. Designed for all fitness levels.								
Open Family Swim	The Leisure pool will be open for family leisure swim. 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.								