

DURANGO RECREATION CENTER LAP POOL SCHEDULE SEPTEMBER 2021

Pool Hours

Monday - Friday: 5:45AM - 7:00PM

Saturday: 9:00AM - 4:00PM

Sunday: CLOSED

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		Lap Swim	Durango Swim Club 9:00- 11:00	
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			Lap Swim	<u>CLOSED</u>			
12:30 PM										
1:00 PM	Lap Swim									
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										
4:00 PM	Durango Swim Club 3:45- 7:00	Durango Swim Club 3:45- 7:00	Durango Swim Club 3:45- 7:00	Durango Swim Club 3:45- 7:00	Durango Swim Club 3:45- 7:00	<u>CLOSED</u>				
4:30 PM										
5:00 PM										
5:30 PM										
6:00 PM										
6:30 PM										
7:00 PM			Kayak Night 6:00-7:00							

*****Two public lanes will be availbe during all scheduled practices.**

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
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.
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.
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>	
6:30 AM							
7:00 AM							
7:30 AM	Aquatic Based Physical Therapy Casey 8:00-9:00	Aquatic Based Physical Therapy Sue B 8:00- 9:00	Water Aerobics Beverly 7:30- 8:30	Aquatic Based Physical Therapy Sue B 8:00- 9:00	Yo-Qua Maureen 8:00- 9:00		
8:00 AM							
8:30 AM							
9:00 AM	Water Aerobics Beverly 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	Water Aerobics Beverly 9:00 - 10:00		
9:30 AM							
10:00 AM	Open Family Swim	Open Family Swim	Open Family Swim	Open Family Swim	Open Family Swim	Open Family Swim	<u>CLOSED</u>
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		Hydro-Robics 2:45-3:00		Hydro-Robics 2:45-3:00			
3:30 PM		Durango Swim Club 3:45-4:30	Durango Swim Club 3:45-4:30	Durango Swim Club 3:45-4:30			
4:00 PM							
4:30 PM		Group Swim Lessons 4:30- 6:20 <small>POOL WILL BE CLOSED TO PUBLIC</small>	Water Aerobics Darlene 4:30-5:30 Open Family Swim	Group Swim Lessons 4:30- 6:20 <small>POOL WILL BE CLOSED TO PUBLIC</small>	Water Aerobics Darlene 4:30-5:30 Open Family Swim	Water Aerobics Darlene 4:30-5:30 Open Family Swim	<u>CLOSED</u>
5:00 PM							
5:30 PM							
6:00 PM	Open Family Swim			Open Family Swim	Open Family Swim		
6:30 PM							
7:00 PM	Open Family Swim		Open Family Swim		Open Family Swim		

***Pool toys and water slide turn on at 10:00am M-F & All day Saturday.**

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.
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.
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. Swim lessons begin September 13th, 2021.