

## DURANGO RECREATION CENTER LAP POOL SCHEDULE

### Pool Hours

Monday - Thursday: 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***<br>6:00 - 7:30  | Lap Swim                        | Masters Swim Team***<br>6:00 - 7:30 | Lap Swim                        | Masters Swim Team***<br>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                             |               |                                 | Lap Swim                        | Durango Swim Club/Scuba***<br>9:00-11:30 |          |
| 8:00 AM  |                                      |                                 |                                     |                                 |                                      |               |                                 |                                 |                                          |          |
| 8:30 AM  |                                      |                                 |                                     |                                 |                                      |               |                                 |                                 |                                          |          |
| 9:00 AM  |                                      |                                 |                                     |                                 |                                      |               |                                 |                                 |                                          |          |
| 9:30 AM  |                                      |                                 |                                     |                                 |                                      |               |                                 |                                 |                                          |          |
| 10:00 AM |                                      |                                 |                                     |                                 |                                      |               |                                 |                                 |                                          |          |
| 10:30 AM |                                      |                                 |                                     |                                 |                                      |               |                                 |                                 |                                          |          |
| 11:00 AM | Masters Swim Team***<br>12:00 - 1:00 |                                 | Lap Swim                            |                                 | Masters Swim Team***<br>12:00 - 1:00 | Lap Swim      |                                 | Lap Swim                        | Lap Swim<br>12:00-4:30                   |          |
| 11:30 AM |                                      |                                 |                                     |                                 |                                      |               |                                 |                                 |                                          |          |
| 12:00 PM |                                      |                                 |                                     |                                 |                                      |               |                                 |                                 |                                          |          |
| 12:30 PM |                                      |                                 |                                     |                                 |                                      |               |                                 |                                 |                                          |          |
| 1:00 PM  |                                      | Lap Swim                        |                                     | Lap Swim                        |                                      |               | Lap Swim                        |                                 |                                          | Lap Swim |
| 1:30 PM  |                                      |                                 |                                     |                                 |                                      |               |                                 |                                 |                                          |          |
| 2:00 PM  |                                      |                                 |                                     |                                 |                                      |               |                                 |                                 |                                          |          |
| 2:30 PM  |                                      |                                 |                                     |                                 |                                      |               |                                 |                                 |                                          |          |
| 3:00 PM  | Lap Swim                             |                                 | Lap Swim                            |                                 | Lap Swim                             | Lap Swim      |                                 |                                 |                                          |          |
| 3:30 PM  |                                      |                                 |                                     |                                 |                                      |               |                                 |                                 |                                          |          |
| 4:00 PM  |                                      |                                 |                                     |                                 |                                      |               |                                 |                                 |                                          |          |
| 4:30 PM  |                                      | Durango Swim Club<br>4:30- 7:00 |                                     | Durango Swim Club<br>5:30- 7:00 |                                      |               | Durango Swim Club<br>5:30- 7:00 | Durango Swim Club<br>4:45- 6:30 |                                          |          |
| 5:00 PM  |                                      |                                 |                                     |                                 |                                      |               |                                 |                                 |                                          |          |
| 5:30 PM  | <u>CLOSED</u>                        |                                 |                                     |                                 |                                      |               |                                 |                                 |                                          |          |
| 6:00 PM  |                                      |                                 |                                     |                                 |                                      |               |                                 |                                 |                                          |          |
| 6:30 PM  | Lap Swim                             | Lap Swim                        | Kayak Roll Session***<br>6:00-7:30  | Lap Swim                        | <u>CLOSED</u>                        |               |                                 |                                 |                                          |          |
| 7:00 PM  |                                      |                                 |                                     |                                 |                                      |               |                                 |                                 |                                          |          |

**\*\*\*Two public lanes will be available during all scheduled practices.**

**\*Splash Pad hours 10:00am- 6:00pm M-F, Saturday & Sunday same as pool hours.**

|                    |                                                                                                                                                                                                            |
|--------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Durango Swim Club  | A competitive swim team for kids ages 5 to 18. Knowledge of general swim techniques is required. For more information please 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. ***Extra Fee Required. |
| 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.                                                                    |
| Scuba              | Scuba Certification class through Splash Down Diving. For more information contact them directly at (970) 385-8518.                                                                                        |

## 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  | Aqua FUNctional Flow<br>Jo C<br>8:00-9:00 | Aquatic Based Physical Therapy<br>Sue B***<br>8:00- 9:00 | Durango Swim Club<br>7:45- 8:30        | Aquatic Based Physical Therapy<br>Sue B***<br>8:00- 9:00 | Durango Swim Club<br>7:45- 8:30        | <u>CLOSED</u>                        | <u>CLOSED</u>                  |
| 8:00 AM  |                                           |                                                          |                                        |                                                          |                                        |                                      |                                |
| 8:30 AM  |                                           |                                                          |                                        |                                                          |                                        |                                      |                                |
| 9:00 AM  | Yo-Qua<br>Maureen***<br>9:00- 10:00       | Water Aerobics<br>Darlene<br>9:00 - 10:00                | Yo-Qua<br>Maureen***<br>9:00- 10:00    | Water Aerobics<br>Darlene<br>9:00 - 10:00                | Yo-Qua<br>Maureen***<br>9:00- 10:00    | Aqua Fit Blast<br>JoC<br>9:15- 10:15 | <u>CLOSED</u>                  |
| 9:30 AM  |                                           |                                                          |                                        |                                                          |                                        |                                      |                                |
| 10:00 AM | Water Aerobics<br>Beverly<br>10:00-11:00  | Water Aerobics<br>Beverly<br>10:00-11:00                 | Open Family Swim                       | Water Aerobics<br>Beverly<br>10:00-11:00                 | Open Family Swim                       | Open Family Swim                     | Open Family Swim               |
| 10:30 AM |                                           |                                                          |                                        |                                                          |                                        |                                      |                                |
| 11:00 AM | Open Family Swim                          | Open Family Swim                                         | Open Family Swim                       | Open Family Swim                                         | Open Family Swim                       | Open Family Swim                     | Open Family Swim<br>12:00-4:30 |
| 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<br>Darlene<br>4:30-5:30    | Open Family Swim                                         | Water Aerobics<br>Darlene<br>4:30-5:30 | Open Family Swim                                         | Water Aerobics<br>Darlene<br>4:30-5:30 | Open Family Swim                     | <u>CLOSED</u>                  |
| 5:00 PM  |                                           |                                                          |                                        |                                                          |                                        |                                      |                                |
| 5:30 PM  | Open Family Swim                          | Open Family Swim                                         | Open Family Swim                       | Open Family Swim                                         | Open Family Swim                       | <u>CLOSED</u>                        | <u>CLOSED</u>                  |
| 6:00 PM  |                                           |                                                          |                                        |                                                          |                                        |                                      |                                |
| 6:30 PM  |                                           |                                                          |                                        |                                                          |                                        |                                      |                                |
| 7:00 PM  |                                           |                                                          |                                        |                                                          |                                        |                                      |                                |
| 7:30 PM  |                                           |                                                          |                                        |                                                          |                                        |                                      |                                |

**\*Pool toys and water slide turn on at 10:00am M-F & all day Saturday and Sundays. \*Splash**  
**Pad hours 10:00am- 6:00pm M-F, Saturday & Sunday same as pool hours.**

|                                |                                                                                                                                                                                                                                                                                       |
|--------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Open Family Swim               | The Leisure pool will be open for family leisure swim. Children 6 years & younger must be accompanied by an adult<br><b>IN THE WATER AT ALL TIMES.</b>                                                                                                                                |
| 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. ***Class has extra fee.                      |
| Water Aerobics                 | Energetic, full body workout of low impact aerobics and resistance exercises in a circuit training format.<br>Designed for all fitness levels.                                                                                                                                        |
| Hydro- Aerobics                | Hydro-Aerobics will be coming over from their lap pool workout to stretch for 15 minutes in the leisure lap lanes.                                                                                                                                                                    |
| Yoqua                          | Yoga for "Every Body". Discover many benefits of yoga in the "can do" environment of the warm water. No prior yoga experience required.<br>This is an extra fee class. *** \$10/class. Must sign up in advance.                                                                       |
| Aqua FUNctional Flow           | This NON CARDIO class focuses on strength, flexibility, core, balance, agility, range of motion, coordination, posture, and endurance! Join us and jump start your Monday mornings with joy by boosting your FUNctional fitness in the flowing, supporting, healing current of 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                                                                                                               |