

## 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	Open Swim	Open Swim
6:30 AM							
7:00 AM							
7:30 AM	Aquatic Based Physical Therapy JoC	Aquatic Based Physical Therapy Drop-In	Aquatic Based Physical Therapy Sue B	Aquatic Based Physical Therapy Sue B	AquaFit Blast		
8:00 AM							
8:30 AM	*Yo-Qua Maureen	Water Aerobics Darlene	*Yo-Qua Maureen	Water Aerobics Darlene	*Yo-Qua Maureen		
9:00 AM	Water Aerobics Drop-In 10:15 - 11:30	Open Swim	Water Aerobics Drop-In 10:15 - 11:30	Open Swim	Water Aerobics Drop-In 10:15 - 11:30		
9:30 AM							
10:00 AM							
10:30 AM	Open Swim	Open Swim	Open Swim	Parkinson's & Friends Linda H.	Open Swim		
11:00 AM							
11:30 AM							
12:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
12:30 PM							
1:00 PM							
1:30 PM	Durango Swim Club 3:30 - 4:15	Durango Swim Club 3:30 - 4:15	Durango Swim Club 3:30 - 4:15	Open Swim	Silverton School Swim Lesson		
2:00 PM							
2:30 PM							
3:00 PM	Swim Lessons 4:30 - 6:30	Swim Lessons 4:30 - 6:30	Swim Lessons 4:30 - 6:30	Swim Lessons 4:30 - 6:30	Water Aerobics Darlene		
3:30 PM							
4:00 PM							
4:30 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
5:00 PM							
5:30 PM							
6:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
6:30 PM							
7:00 PM							
7:30 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
8:00 PM							
8:30 PM							

**The toys and lazy river will open for kids at 10:00 Monday though Friday.**

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!
*Yo-Qua	Yoga for "Every Body" takes place in the warm pool, enabling water of the Leisure Pool. Discover the many benefits of yoga in the "can do" environment of warm water. No prior yoga experience required. This is an extra fee class. ***\$8/class or \$7/class when purchasing 5 or more punches***
Drop-In Water Aerobics	This class does not have a certified instructor. Get together for a social workout.
*Cancer Fit	This program is dedicated to providing cancer survivors with a exercise program in a healthy and positive environment. The exercises are designed to aid in the recovery and general fitness during and after treatment. Contact JoC at 375-7308 or <a href="mailto:Joc.soignier@durangogov.org">Joc.soignier@durangogov.org</a> for additional information.
Parkinson's & Friends	This class follows the APDA Aquatics Exercise model and meets in the Leisure Pool. Buoyancy provides support for the weak muscles. Join this therapeutic class to work on balance, posture, flexibility & strength. For more information e-mail Linda Heaton at <a href="mailto:coheatons@gmail.com">coheatons@gmail.com</a>