DENVER
PARKS & RECREATION

MARTIN LUTHER KING JR. RECREATION CENTER

SUMMER 2014, JUNE 1 - AUGUST 23

AQUA FITNESS SCHEDULE (ACTIVITIES LISTED ARE INCLUDED WITH REGIONAL, LOCAL AND NEIGHBORHOOD LEVEL PASSES/MEMBERSHIPS.)

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Aerobics 10:00 - 11:00 a.m.	**Deep Water Aerobics** 9:00 - 10:00 a.m.	**Aqua Aerobics** 10:00 - 11:00 a.m.	**Deep Water Aerobics** 9:00 - 10:00 a.m.	**Aqua Aerobics** 10:00 - 11:00 a.m.
Arthritis Foundation **Therapy Water Walking** 11:15 a.m. - 12:00 p.m.		Arthritis Foundation **Therapy Water Walking** 11:15 a.m. - 12:00 p.m.		Arthritis Foundation **Therapy Water Walking** 11:15 a.m. - 12:00 p.m.

SWIM HOURS (OPEN • LAP • ADULT • FAMILY)

POOL AREA WILL BE CLOSED: 06/02/2014-07/08/2014

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	6:00 - 8:30 a.m. 11:15 a.m. - 12:45 p.m. 5:00 - 6:00 p.m.	6:00 - 8:30 a.m. 11:30 a.m. - 12:45 p.m.	6:00 - 8:30 a.m. 11:15 a.m. - 12:45 p.m. 5:00 - 6:00 p.m.	6:00 - 8:30 a.m. 11:30 a.m. - 12:45 p.m.	6:00 - 8:30 a.m. 11:15 a.m. - 12:45 p.m. 5:00 - 6:00 p.m.	9:00 - 11:15 a.m.
Open Swim	3:00 - 5:00 p.m.	3:00 - 4:45 p.m.	3:00 - 5:00 p.m.	3:00 - 4:45 p.m.	3:00 - 5:00 p.m.	.
Adult Swim	9:00-10:00 a.m.		9:00 - 10:00 a.m.		9:00 - 10:00a.m.	
Therapy Pool	7:30 - 10:00 a.m. 12:00 - 12:45 p.m. 3:00 - 6:00 p.m.	7:30 - 8:30 a.m. 11:30 a.m. - 12:45 p.m. 3:00 - 6:00 p.m.	7:30 - 10:00 a.m. 12:00 - 12:45 p.m. 3:00 - 6:00 p.m.	7:30 - 8:30 a.m. 11:30 a.m. - 12:45 p.m. 3:00 - 6:00 p.m.	7:30 - 10:00 a.m. 12:00 - 12:45 p.m. 3:00 - 6:00 p.m.	9:00 a.m. - 12:30 p.m.

SWIM LESSON SCHEDULE (REGISTRATION FEES APPLY)

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING

Session I (Cancelled)
Session II (07/13/14 - 08/09/14)

Registration Begins: 06/03/14

Upcoming Season Information
Session I (08/31/14-09/27/14)
Session II (10/05/14-11/01/14)
Session III (11/09/14-12/13/14)

Registration Begins: 08/19/14

(no classes 11/23/14 - 11/29/14)

Tuesday/Thursday
5:00 p.m. - 5:30 p.m.
5:30 p.m. - 6:00 p.m.
6:00 p.m. - 6:30 p.m.

- Preschool (ages 3 - 5)
- Wave 3 (ages 5 - 17)
- Wave 2 (ages 5 - 17)
- Wave 1 (ages 5 - 17)
- Wave 4 (ages 5 - 17)
- Adult Lessons (ages 15+)

Saturday
11:30 a.m. - 12:00 p.m.
12:00 p.m. - 12:30 p.m.

- Wave 2 (ages 5 - 17)
- Preschool (ages 3 - 5)
- Wave 3 (ages 5 - 17)
- Wave 1 (ages 5 - 17)