

ATHMAR RECREATION CENTER

SUMMER 2014, JUNE 1 - AUGUST 23

AQUA FITNESS SCHEDULE (ACTIVITIES LISTED ARE INCLUDED WITH REGIONAL LEVEL PASSES/MEMBERSHIPS. ADDITIONAL FEES APPLY FOR LOCAL AND NEIGHBORHOOD LEVELS.)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Aerobics 8:30 - 9:30 a.m.	Aqua Aerobics 8:30 - 9:30 a.m.	Aqua Aerobics 8:30 - 9:30 a.m.	Aqua Aerobics 8:30 - 9:30 a.m.	Aqua Aerobics 8:30 - 9:30 a.m.	
Water Walking 9:30 - 10:15 a.m.	Water Walking 9:30 - 10:15 a.m.	Water Walking 9:30 - 10:15 a.m.	Water Walking 9:30 - 10:15 a.m.	* Multiple Sclerosis Hydro Therapy 9:30 - 11:30 a.m.	

SWIM HOURS (OPEN . LAP . ADULT . FAMILY)

SilverSneakers® honored at this site * Register thru MS

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	12:00 - 1:00 p.m.	6:00 - 8:15 a.m. 11:30 a.m 1:00 p.m. 5:30 - 6:15 p.m.	6:00 - 8:15 a.m. 11:30 a.m 1:00 p.m.	6:00 - 8:15 a.m. 11:30 a.m 1:00 p.m. 5:30 - 6:15 p.m.	6:00 - 8:15 a.m. 11:30 a.m 1:00 p.m.	6:00 - 8:15 a.m. 11:30 a.m 1:00 p.m. *5:30 - 6:30 p.m. *(2 lanes only)	9:00 a.m 11:00 a.m.
Adult Swim		11:30 a.m 1:00 p.m.	11:30 a.m 1:00 p.m.	11:30 a.m 1:00 p.m.	11:30 a.m 1:00 p.m.	11:30 a.m 1:00 p.m.	
Open Swim	1:00 - 3:30 p.m.	1:15 - 5:15 p.m. 7:30 - 8:30 p.m.	1:15 - 5:15 p.m. 7:30 - 8:30 p.m.	1:15 - 5:15 p.m. 7:30 - 8:30 p.m.	1:15 - 5:15 p.m. 7:30 - 8:30 p.m.	1:15 - 7:30 p.m.	11:15 a.m 2:30 p.m.

SWIM LESSON SCHEDULE (REGISTRATION FEES APPLY)

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING

Session I (06/08/14 - 07/05/14) Session II (07/13/14 - 08/09/14) Summer Swim Team (06/09/14 - 08/10/14)

Registration Begins: 06/03/14

Monday/Wednesday

10:30 - 11:30 a.m. • Swim Team Practice

6:30 - 7:00 p.m. • Preschool (ages 3 - 5) • Parent-Child (ages 6mos.-3yrs) • Wave 4 (ages 5 - 17)

7:00 - 7:30 p.m. • Wave 1 (ages 5 - 17) • Wave 2 (ages 5 - 17)

Wave 3 (ages 5 - 17)

Tuesday/Thursday

5:30 - 6:00 p.m. • Wave 1 (ages 5-17)

6:30 - 7:30 p.m. • Swim Team Practice

6:00 - 6:30 p.m. • Preschool (ages 3-5) • Wave 1 (ages 5 - 17)

• Wave 2 (ages 5 - 17)

 Wave 4 (ages 5 - 17) Wave 3 (ages 5 - 17)

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)

Monday/Wednesday

6:30 - 7:00 p.m. • Preschool (ages 3 - 5) • Parent-Child (ages 6mos.-3yrs) • Wave 2 (ages 5 - 17) 7:00 - 7:30 p.m. • Wave 1 (ages 5 - 17) • Wave 3 (ages 5 - 17) • Wave 5 (ages 5 - 17)

Tuesday/Thursday

5:30 - 6:00 p.m. • Wave 1 (ages 5-17) • Wave 2 (ages 5 - 17) • Wave 4 (ages 5 - 17)

6:00 - 6:30 p.m. • Preschool (ages 3-5) • Wave 1 (ages 5 - 17) • Wave 3 (ages 5 - 17)

6:30 - 7:30 p.m. • Life After Lessons

ATHMAR RECREATION CENTER, 2680 W. MEXICO AVENUE, DENVER, CO 80219 | 303.937.4600 DENVERGOV.ORG/RECREATION