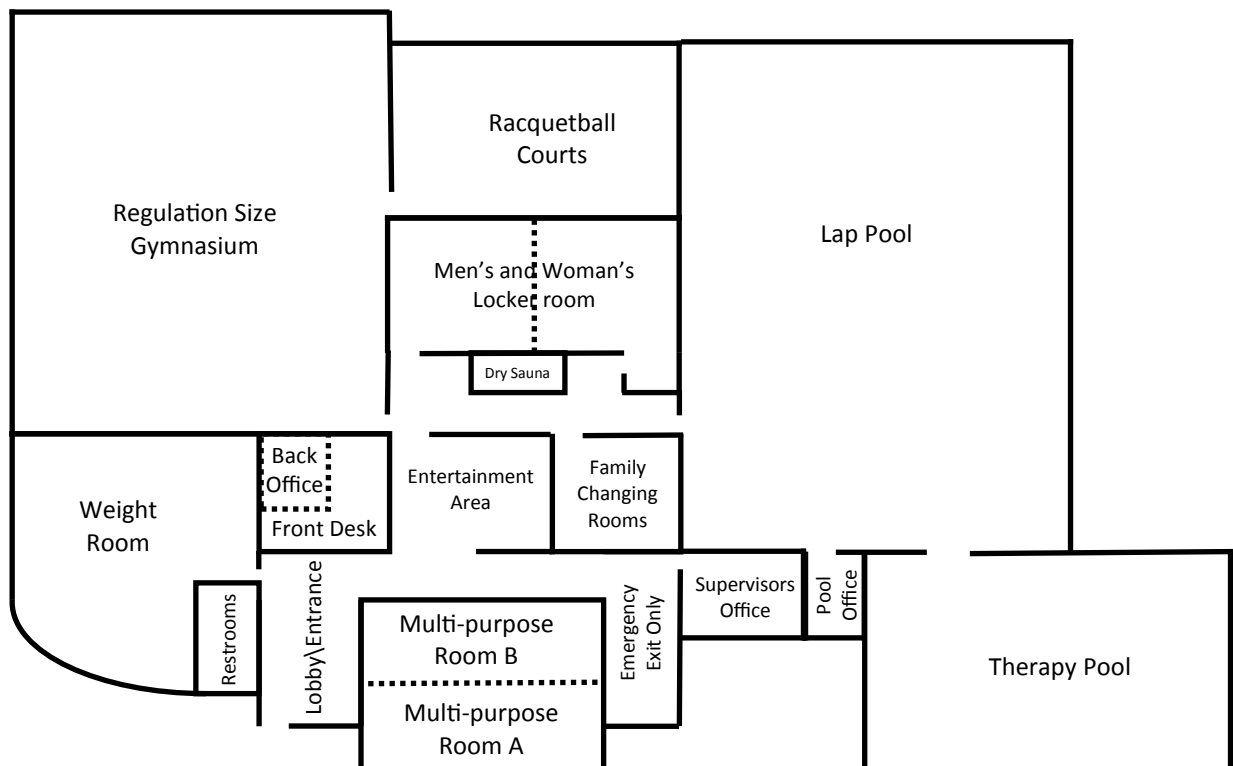


Hours of Operation

Monday through Friday	6:00 a.m. - 1:00 p.m. 3:00 - 7:00 p.m.
Saturday	9:00 a.m. - 1:00 p.m.
Sunday	CLOSED



Weight Room

- Must be 15+ years old to use equipment in this area
- Drop-in access with current membership or visit pass
- Proper workout attire required
- Cardio / Free Weights



Gymnasium

- Drop-in access included with current membership or visit pass
- Please see our schedule for open gym hours
- Available to rent for large groups up to 150 people



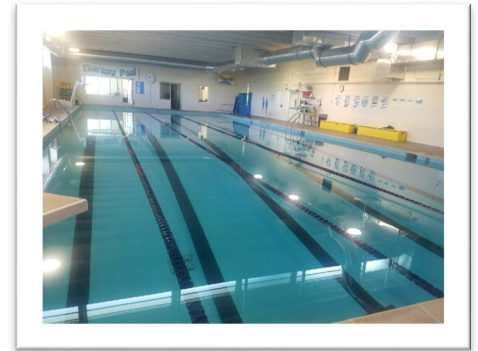
Multipurpose Room A & B

- Please see our schedule for class/program days/times
- Available to rent for up to 50 people
- Additional features: projector, pull down screen, access to kitchen, tables and chairs



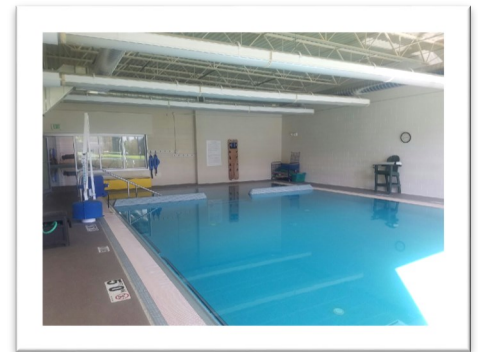
Lap Pool

- Drop-in access with current membership or visit pass
- Please see our schedule for open swim, lessons, and lap hours
- Must have proper swim attire
- Temperature Range 84°– 86° / (5) Five lap lanes / 25 Meters
- Min. depth: 3'0" / Max. depth:10'0"



Therapy pool

- Must be 18+ to use
- Drop-in access with current membership or visit pass
- Please see our schedule for open swim, lessons, and lap hours
- Must have proper swim attire
- Temperature range: 95°– 99° / Min. depth: 3'5" / Max. depth: 5'0"
- Dark blue tile indicates depth change



Racquetball

- Drop-in access with current membership or visit pass
- Call 24hrs in advance to reserve court
- One hour time slots available

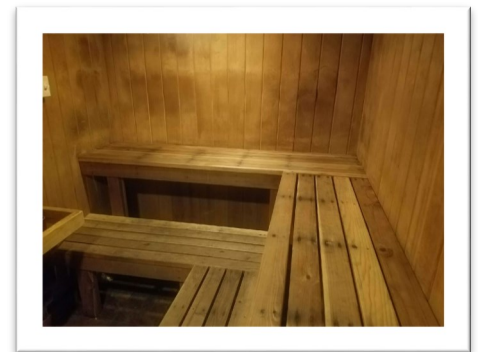


Locker Rooms

- Lockers are provided
- Some lockers come equipped with coin return locks
- Towels are not provided
- Please bring a lock to secure your personal items
- Additional private family locker room available

Dry Sauna

- Must have proper sauna attire
- Temperature range: 180° - 200°



The following programs and activities are also available:

- My Denver - a free youth membership with programming
- SilverSneakers® Fitness Program
- Snack / Lunch program
- Youth Sports
- Personal Training (pamphlet available)
- Fitness (see our schedule for details)
- Financial Assistance Available - P.L.A.Y. (Parks and Recreation Looking to Assist You)
- Inclusion Services Available
- Free fitness classes offered through Be Well