

Golden Community Center Lap Pool Schedule July 7-August 14

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
5:30 a.m.	Adult Lap Swim *6 lanes available 5:30-8:00	Adult Lap Swim *6 lanes available 5:30-8:00	Adult Lap Swim *6 lanes available 5:30-8:00	Adult Lap Swim *6 lanes available 5:30-8:00	Adult Lap Swim *6 lanes available 5:30-8:00	Adult Lap Swim *6 lanes available 7:00-11:00	Adult Lap Swim *6 lanes available 8:00-11:00						
6:00 a.m.													
6:30 a.m.													
7:00 a.m.													
7:30 a.m.													
8:00 a.m.	Aqua Aerobics *2 lane available 8:00-9:15	Aquacise *3 lanes available 8:00-9:00	Aqua Aerobics *2 lane available 8:00-9:15	Aquacise *3 lanes available 8:00-9:00	Aqua Aerobics *2 lane available 8:00-9:15	Adult Lap Swim *6 lanes available 7:00-11:00	Adult Lap Swim *6 lanes available 8:00-11:00						
8:30 a.m.													
9:00 a.m.	Adult Lap Swim *3 lanes available 9:15-10:15	Water Walking *3 lane available 9:00-10:15	Adult Lap Swim *3 lanes available 9:15-10:15	Water Walking *3 lane available 9:00-10:00	Adult Lap Swim *3 lanes available 9:15 -1:30			Adult Lap Swim *6 lanes available 7:00-11:00	Adult Lap Swim *6 lanes available 8:00-11:00				
9:30 a.m.													
10:00 a.m.	Swim Lessons *3 lanes available 10:15-11:30 ISR 1 lane 10-12:30	Swim Lessons *3 lanes available 10:15-11:30 ISR 1 lane 10-12:30	Swim Lessons *3 lanes available 10:15-11:30 ISR 1 lane 10-12:30	Swim Lessons *3 lanes available 10:15-11:30 ISR 1 lane 10-12:30						Adult Lap Swim *3 lanes available 9:15 -1:30	Adult Lap Swim *6 lanes available 7:00-11:00	Adult Lap Swim *6 lanes available 8:00-11:00	
10:30 a.m.													
11:00 a.m.													
11:30 a.m.	Adult Lap Swim *2 lanes available 11:30-1:30 ISR 1 lane 10-12:30	Adult Lap Swim *2 lanes available 11:30-1:30 ISR 1 lane 10-12:30	Adult Lap Swim *2 lanes available 11:30-1:30 ISR 1 lane 10-12:30	Adult Lap Swim *2 lanes available 11:30-1:30 ISR 1 lane 10-12:30	Diving Board/ Open Swim *3lanes available 12:30-6:00	Diving Board/ Open Swim *3 lanes available 11:00-6:30	Diving Board/ Open Swim *3 lanes available 11:00-5:30						
12:00 p.m.													
12:30 p.m.													
1:00 p.m.													
1:30 p.m.	Diving Board/ Open Swim *3 lanes available 12:30-5:30	Diving Board/ Open Swim *3 lanes available 12:30-4:00	Diving Board/ Open Swim *3 lanes available 12:30-5:30	Diving Board/ Open Swim *3 lanes available 12:30-4:00	Diving Board/ Open Swim *3lanes available 12:30-6:00	Diving Board/ Open Swim *3 lanes available 11:00-6:30	Diving Board/ Open Swim *3 lanes available 11:00-5:30						
2:00 p.m.													
2:30 p.m.													
3:00 p.m.													
3:30 p.m.													
4:00 p.m.		Adult Lap Swim *4 lanes available 4:00-6:30 Foothills Swim Team 2 Lanes 4:00-6:00	Adult Lap Swim *4 lanes available 4:00-6:30 Foothills Swim Team 2 Lanes 4:00-6:00	Adult Lap Swim *4 lanes available 4:00-6:30 Foothills Swim Team 2 Lanes 4:00-6:00				Adult Lap Swim *4 lanes available 4:00-6:30 Foothills Swim Team 2 Lanes 4:00-6:00	Diving Board/ Open Swim *3lanes available 12:30-6:00	Diving Board/ Open Swim *3 lanes available 11:00-6:30	Diving Board/ Open Swim *3 lanes available 11:00-5:30		
4:30 p.m.													
5:00 p.m.													
5:30 p.m.													
6:00 p.m.													
6:30 p.m.	Swim Lessons * 3 lanes available 5:30 - 7:30	Kayak/ Public Lap Swim *2 lanes available 6:30-8:30 Diving Board Closed	Swim Lessons * 3 lanes available 5:30 - 7:30	Kayak/ Public Lap Swim *2 lanes available 6:30-8:30 Diving Board Closed	Diving Board/ Open Swim *3lanes available 12:30-6:00	Diving Board/ Open Swim *3 lanes available 11:00-6:30	Diving Board/ Open Swim *3 lanes available 11:00-5:30						
7:00 p.m.													
7:30 p.m.	Swim Lessons/ Public Lap Swim *3 lanes available 7:30-8:30	Diving Board Closed	Swim Lessons/ Public Lap Swim *2 lanes available 7:30-8:30	Diving Board Closed				Diving Board/ Open Swim *3lanes available 12:30-6:00				Diving Board/ Open Swim *3 lanes available 11:00-6:30	Diving Board/ Open Swim *3 lanes available 11:00-5:30
8:00 p.m.													
8:30 p.m.													



*Indicates # of lap lanes available for lap swimming
 Note: If three or less lap lanes are available to the public it is ADULT lap swim unless otherwise noted.
 Note: Lap swimming is for continuous laps.
 Note: All pool schedules are subject to change at any time due to program demand.

Golden Community Center Leisure Pool Schedule July 30-Aug 15

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 a.m.	Open Swim * No Slide & Fountains 5:30-8:00	Open Swim *No Slide & Fountains 5:30-7:00		Open Swim *No Slide & Fountains 5:30-7:00				
6:00 a.m.								
6:30 a.m.		Arthritis *No Slide & Fountains 7:00-9:00		Open Swim * No Slide & Fountains 5:30-8:00				Arthritis *No Slide & Fountains 7:00-9:00
7:00 a.m.								
7:30 a.m.	Arthritis *No Slide & Fountains 8:00-9:00	Open Swim *Slide & Fountains on 9:00am-8:30pm	Open Swim *Slide & Fountains on 9:00am-7:00pm	Open Swim *Slide & Fountains on 9:00am-8:30pm	Open Swim *Slide & Fountains on 5:30-6:00	Open Swim *Slide & Fountains on 7:00-6:30	Open Swim *Slide & Fountains on 8:00-5:30	
8:00 a.m.								
8:30 a.m.	Open Swim *Slide & Fountains on 9:00am-7:00pm							
9:00 a.m.								
9:30 a.m.								
10:00 a.m.								
10:30 a.m.								
11:00 a.m.								
11:30 a.m.								
12:00 p.m.								
12:30 p.m.								
1:00 p.m.								
1:30 p.m.								
2:00 p.m.								
2:30 p.m.								
3:00 p.m.								
3:30 p.m.								
4:00 p.m.								
4:30 p.m.								
5:00 p.m.								
5:30 p.m.								
6:00 p.m.								
6:30 p.m.								
7:00 p.m.	Open Swim *Slide on & No Fountains 7:00-8:30	Open Swim *Slide on & No Fountains 7:00-8:30						
7:30 p.m.								
8:00 p.m.								
8:30 p.m.								

*Indicates if the fountains and/or slide are on or off

Note: All pool schedules are subject to change at any time due to program demand.