

Beck Recreation Center March 2023 Pool Schedule

This Schedule is Subject to Change Without Notice

<u>Activity</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Lap Swim		6-7:50am 10:30am-5:15pm (12 cap.)	6-7:50am 10:30-11:45am 1:15-3:45pm (12 Cap.)	6-7:50am 10:30am-5:15pm (12 cap.)	6-7:50am 10:30-11:45am 1:15-3:45pm (12 Cap.)	6-7:50am 10:30am-5:15pm (12 Cap.)	8-9am Noon-3:30pm (Limited lanes available)
Hot Tub Hours	N/A	6am-6:30pm*	6am-4pm	6am-6:30pm*	6am-6:30pm*	6am-6:30pm*	8am-3:30pm
Open Swim	N/A	N/A	N/A	N/A	N/A	N/A	noon-3:30pm
City of Aurora Programs	N/A	<u>Aqua Fit</u> 8-9am <u>Arthritis</u> 9:15-10:15am <u>Private Swim Lessons</u> 4-6pm <u>Aqua Zumba</u> 5:30-6:30pm	<u>Aqua Fit</u> 8-9am <u>Arthritis</u> 9:15-10:15am <u>Arthritis</u> Noon-1pm <u>Swim lessons</u> 4-5:30pm <u>CARA Swim Team</u> 5:30-6:30pm	<u>Aqua Fit</u> 8-9am <u>Arthritis</u> 9:15-10:15am <u>Private Swim Lessons</u> 4-6:30pm <u>Cardio Splash</u> 5:30-6:30pm	<u>Aqua Fit</u> 8-9am <u>Arthritis</u> 9:15-10:15am <u>Arthritis</u> Noon-1pm <u>Swim lessons</u> 4-6:30pm <u>CARA Swim Team</u> 5:30-6:30pm	<u>Aqua Fit</u> 8-9am <u>Arthritis</u> 9:15-10:15am <u>Deep Water Fitness</u> 5:30-6:30pm	

Due to pool safety protocols, capacity and space restrictions may apply that is otherwise different from what is above.

*Please note the Beck Recreation Center closes at 7pm Mon.-Fri., and everyone must exit the building at that time.

Lap lanes = 2 swimmers per open lane – **No outside private lessons or non-lap swimming activities allowed.**

All -Ages swim times- patrons must still adhere to the age restrictions in place for safety as listed below.

Expanded Pool Program Explanations

Lap Swim– Lap swim will be provided following posted pool rules. Preference to individuals 18+ will be given. Swimmers under 18 will be asked to complete a swim test. Lifeguards reserve the right to retest at any time. Continuous lap swimming and water walking are allowed- leisure activities and other activities are not permitted.

Hot Tub- Adults 18+ only. 14-person capacity.

Open Swim– Capacity restrictions apply. All age restrictions for pool area still apply.

City of Aurora Program – Registration based programs available only to guests who have registered for that specific program – A.R.I.S.E, lifeguard training classes, and camps amongst other things.

Description of Classes

All aqua fitness classes have a 35-person capacity

Aqua Fitness

A challenging aerobic workout in the water! Pre & post-natal participants welcome. No swimming required.

Arthritis Aqua Fitness

Ages 18 & older. Keep your joints healthy & your body in motion.

Aqua Cardio Splash

Focus on movement and cardiovascular fitness. Come join us to increase stamina, muscular endurance & cardiovascular fitness.

Aqua Deep Water

Low impact, high intensity aqua fitness with a focus on cardio & abs. Ability to swim is required.

Aqua Zumba

This high-energy aquatic workout fuses South American Zumba rhythm and dance steps with a pool party. Aqua Zumba gives participants all the benefits of a challenging, fun, body-toning workout – in the water!

Pool Area Age Restrictions

Children 0-6 years old: Must be supervised and within arm's reach, in the water, by a guardian 18+ years old at all times. Designated by a penguin wristband. (If the child can pass a swim test, they can get their wrist band upgraded and be away from their parent).

Children 7-12 years old: Must always have a supervising parent or guardian (18+ years old) within the pool area/ natatorium during the duration of swim.

Children 13+ years old: Allowed to swim by themselves.