# Beck Recreation Center April 2024 Pool Schedule

This Schedule is Subject to Change Without Notice

<table>
<thead>
<tr>
<th>Activity</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lap Swim</td>
<td>N/A</td>
<td>6-7:50am 10:30am-3:50pm</td>
<td>6-7:50am 10:30-11:45am 1:15-3:45pm</td>
<td>6-7:50am 10:30am-3:50pm 1:15-3:45pm</td>
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<td>6-7:50am 10:30am-3:50pm 1:15-3:50pm</td>
<td>8-8:50am</td>
</tr>
<tr>
<td>Hot Tub Hours</td>
<td>N/A</td>
<td>6am-7:30pm</td>
<td>6am-7:30pm</td>
<td>6am-7:30pm</td>
<td>6am-7:30pm</td>
<td>6am-4pm Closes @4pm for Cleaning</td>
<td>8am-3:30pm</td>
</tr>
<tr>
<td>Open Swim</td>
<td>N/A</td>
<td>3:50- 5:20pm 6:40-7:30pm</td>
<td>6:50-7:30pm</td>
<td>3:50-5:20pm 6:40-7:30pm</td>
<td>6:50-7:30pm</td>
<td>3:50-6:30pm</td>
<td>12:30-3:30pm</td>
</tr>
<tr>
<td>City of Aurora Programs</td>
<td>N/A</td>
<td>Aqua Fit 8-9am Arthritis 9:15-10:15am Aqua Zumba 5:30-6:30pm</td>
<td>Aqua Fit 8-9am Arthritis 9:15-10:15am Aqua Zumba Noon-1pm Swim lessons 4-6:30pm CARA swim team 5:45-6:45pm</td>
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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 8pm Mon. thru Thur., at 7pm on Fri., and 4pm on Sat. Everyone must exit the building at that time.

Lap lanes = 2 swimmers per open lane – **No 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. 3 Lap lanes available. Diving board available.

**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.

**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).

Updated 3/28/2024
**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.