# Beck Recreation Center March 2023 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>6-7:50am 10:30am-5:15pm (12 cap.)</td>
<td>6-7:50am 10:30-11:45am 1:15-3:45pm (12 cap.)</td>
<td>6-7:50am 10:30-11:45am 1:15-3:45pm (12 Cap.)</td>
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<td>6-7:50am 10:30-5:15pm (12 Cap.)</td>
<td>6-7:50am 10:30-5:15pm (12 Cap.)</td>
<td>8-9am Noon-3:30pm (Limited lanes available)</td>
</tr>
<tr>
<td>Hot Tub Hours</td>
<td>N/A</td>
<td>6am-6:30pm*</td>
<td>6am-4pm</td>
<td>6am-6:30pm*</td>
<td>6am-6:30pm*</td>
<td>6am-6:30pm*</td>
<td>8am-3:30pm</td>
</tr>
<tr>
<td>Open Swim</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>noon-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 Private Swim Lessons 4-6pm Aqua Zumba 5:30-6:30pm</td>
<td>Aqua Fit 8-9am Arthritis 9:15-10:15am Private Swim Lessons Noon-1pm Swim lessons 4-5:30pm Aqua Zumba 5:30-6:30pm</td>
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<td>Aqua Fit 8-9am Arthritis 9:15-10:15am Deep Water Fitness 5:30-6:30pm</td>
</tr>
</tbody>
</table>

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.

3/1/2023
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.