## Beck Recreation Center August 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><strong>Lap Swim</strong></td>
<td>6-7:50am-5:15pm (12 cap.)</td>
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<td>8-9am Noon-3:30pm (Limited lanes available)</td>
</tr>
<tr>
<td><strong>Hot Tub Hours</strong></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><strong>Open Swim</strong></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>
</tbody>
</table>
| City of Aurora Programs | N/A | Aqua Fit  
8-9am  
Arthritis  
9:15-10:15am  
Aqua Zumba  
5:30-6:30pm | Aqua Fit  
8-9am  
Arthritis  
9:15-10:15am  
Arthritis Noon-1pm  
Swim lessons  
2-5:30pm  
CARA Swim Team  
5:30-6:30pm | Aqua Fit  
8-9am  
Arthritis  
9:15-10:15am  
Cardio Splash  
5:30-6:30pm | Aqua Fit  
8-9am  
Arthritis  
9:15-10:15am  
Arthritis Noon-1pm  
Swim lessons  
2-5:30pm  
CARA Swim Team  
5:30-6:30pm | Aqua Fit  
8-9am  
Arthritis  
9:15-10:15am  
Deep Water Fitness  
5:30-6:30pm |

8/1/2023

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).

8/1/2023