# Southeast Recreation Center Pool
## September 2023 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>Hot Tub (18+)</td>
<td>8am – 5:30pm</td>
<td>5:30am – 8pm</td>
<td>5:30am – 8pm</td>
<td>5:30am – 8pm</td>
<td>5:30am – 8pm</td>
<td>5:30am – 8pm</td>
<td>8am – 7pm</td>
</tr>
<tr>
<td>Adult (18+) River Walking &amp; Leisure Pool</td>
<td>8am – 10am</td>
<td>5:30am – 10am</td>
<td>5:30am – 10am</td>
<td>5:30am – 10am</td>
<td>5:30am – 10am</td>
<td>5:30a – 10am</td>
<td>8am – noon</td>
</tr>
<tr>
<td>Lap Swim</td>
<td>8-10am</td>
<td>5:30am – 4pm</td>
<td>5:30am – 5:30pm</td>
<td>5:30am – 4pm</td>
<td>5:30am – 11am &amp; Noon-4pm</td>
<td>5:30am – 4pm</td>
<td>8am – noon</td>
</tr>
<tr>
<td>Family Swim (Lazy river, leisure pool, no pool basketball).</td>
<td>N/A</td>
<td>10am – 4pm</td>
<td>10am – 5:30pm</td>
<td>10am – 4pm</td>
<td>10am – 4pm</td>
<td>10am – 4pm</td>
<td>N/A</td>
</tr>
<tr>
<td>Open Swim (All features available, no lap swim)</td>
<td>10am – 5:30pm</td>
<td>4 - 7pm</td>
<td>6:30-8pm</td>
<td>4 - 7pm</td>
<td>4 - 8pm</td>
<td>4 - 8pm</td>
<td>Noon-7pm</td>
</tr>
<tr>
<td>City of Aurora Programs (Pool space may be unavailable, restricted, or closed for programming)</td>
<td>N/A</td>
<td>CARA Swim Team 7-8pm</td>
<td>River Flow Aqua Fitness 11-noon Aqua Zumba 5:30-6:30pm</td>
<td>CARA Swim Team 7-8pm</td>
<td>Aqua Fitness 11am-noon</td>
<td>N/A</td>
<td>Swim Lessons 9-1130am</td>
</tr>
</tbody>
</table>

Southeast Recreation Center & Field House Hours: Monday-Friday 5:30am – 8:30pm, Saturday 8am – 7:30pm, Sunday 8am – 6pm

Areas of the pool subject to closure at any time due to staff availability, safety protocols, and capacity.

Updated 9/2/2023
Expanded Pool Program Explanations

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.

**18+ Lap Swim & River Walking** – Patrons must be 18+ to use lap pool during hours posted. Lap swimming and water walking are allowed - leisure and other activities are not permitted during this time.

**Lap Swim** – Preference will be given to individuals 18+. 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 and other activities are not permitted.

**Lazy River** – Lazy River only will be open for walking and open swim play. No other zones in the leisure pool will be open for use (unless otherwise noted).

**Family Swim** – Zones available for use are lazy river, leisure pool, lap swim, and hot tub. Capacity restrictions apply. All age restrictions for pool area still apply.

**Open Swim** – Zones available for use are lazy river, leisure pool, zero-depth, zero depth, hot tub, and slide. Slide dependent on staffing and weather protocols. Capacity restrictions 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, camps, etc.

**Aqua Fitness** – Organized, instructor-led, drop-in fitness class that takes place in our leisure pool. No registration is required. Class is open to anyone with a membership or a paid day pass. No swimming requirement needed.

**River Flow** - Come join us for a walk down the river! Class is held in the lazy river at Southeast Recreation Center Pool. Focus on cardio strength with resistance from the current.

**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 yellow wristband. (If the child can pass a swim test, they can get their wrist band upgraded and be away from their parent).

**To ride the slide, patrons must be at least 48” tall AND cannot wear age restricted wristband.**