

# Louisville Recreation Center Aquatics Program Pool

		MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY									
LANES		1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	LANES	
5:45 AM		LAP SWIM				LAP SWIM				LAP SWIM				LAP SWIM				LAP SWIM												5:45 AM					
6:00 AM																														LANES					
7:00 AM		LAP SWIM				LAP SWIM				INT. WATER MAT YOGA 7:00-8:00am				LAP SWIM				LAP SWIM				LAP SWIM				LAP SWIM				7:00 AM					
8:00 AM		LAP SWIM				LAP SWIM				LAP SWIM				LAP SWIM				LAP SWIM								LAP SWIM				8:00 AM					
9:00 AM						LAP SWIM								LAP SWIM				LAP SWIM								LAP SWIM				9:00 AM					
10:00 AM						SWIM LESSONS												SWIM LESSONS								SWIM LESSONS								10:00 AM	
11:00 AM																		AQUA Vitality 10:30-11:30																11:00 AM	
12:00 PM																																		12:00 PM	
1:00 PM		OPEN SWIM				GENTLE WATER MAT YOGA 12:15-1:15pm				OPEN SWIM																INT. WATER MAT YOGA 12:15-1:15 pm								OPEN SWIM	
2:00 PM		OPEN SWIM				OPEN SWIM				OPEN SWIM				OPEN SWIM				OPEN SWIM				OPEN SWIM				OPEN SWIM				2:00 PM					
3:00 PM		OPEN SWIM				OPEN SWIM				OPEN SWIM				OPEN SWIM				OPEN SWIM				OPEN SWIM				OPEN SWIM				3:00 PM					
4:00 PM		MINI'S								MINI'S								Mermaids				MINI'S				WATER MAT YOGA/ FIT 4:30-5:30pm				TONE & FLEX DEEP				4:00 PM	
5:00 PM										SWIM LESSONS 4:00-7:15 pm								SWIM LESSONS 4:00-7:15pm				TONE & FLEX DEEP				TONE & FLEX DEEP				TONE & FLEX DEEP				5:00 PM	
6:00 PM						TONE & FLEX DEEP								TONE & FLEX DEEP				TONE & FLEX DEEP				TONE & FLEX DEEP				TONE & FLEX DEEP				TONE & FLEX DEEP				6:00 PM	
7:00 PM		WATER MAT YOGA/ FIT 7:15-8:15 pm												WATER MAT YOGA/ FIT 7:15-8:15 pm																				7:00 PM	
8:00 PM		OPEN SWIM								OPEN SWIM				OPEN SWIM																				OPEN SWIM	
9:00 PM		Close 8:45				Close 8:45				Close 8:45				Close 8:45				Close 8:45				Close 8:45				Close 8:45				9:00 PM					

**KEY**  
 LAP SWIM  
 OPEN SWIM

contact  
 Kate Meyer at  
 303.335.4927 or  
[katem@louisvilleco.gov](mailto:katem@louisvilleco.gov)

"Rec Programs"  
 indicates there is no  
availability for  
 leisure or lap

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