

Manitou Springs Pool and Fitness Center Schedule

Winter Season: January 2nd- February 15th.



	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Hours of Operation	Closed	6am-8pm	6am-8pm	6am-8pm	6am-8pm	6am-6pm	7am-5pm
Fitness Room/Spas	Closed	6am-8pm	6am-8pm	6am-8pm	6am-8pm	6am-6pm	7am-5pm
Spas	Closed	6am-8pm	6am-1pm 4pm-8pm	6am-8pm	6am-1pm 4pm-8pm	6am-6pm	7am-5pm
Lap Swim	Closed	6am-7am (2 lanes) 7am-10:00am (5 lanes) 10:30am-11:30am (2 lanes) 11:30am-1pm (5 lanes) 1pm-4pm (3 lanes) 7pm-8pm (5 lanes)	6am-8:45am (5 lanes) 8:45am-10am (2 lanes) 10am-1pm (5 lanes) 6pm-7pm (2 lanes) 7pm-8pm (5 lanes)	6am-7am (2 lanes) 7am-10:00am (5 lanes) 10:30am-11:30am (2 lanes) 11:30am-1pm (5 lanes) 7pm-8pm (5 lanes)	6am-8:45am (5 lanes) 8:45am-10am (2 lanes) 10am-1pm (5 lanes) 7pm-8pm (5 lanes)	6am-7am (2 lanes) 7am-10:00am (5 lanes) 10:30am-11:30am (2 lanes) 11:30am-1pm (5 lanes) 1pm-4pm (3 lanes)	7am-10:15am (5 lanes) 11am-1pm (2 lanes) 1pm-5pm* (2 lanes)
Water Aerobics	Closed	10:30am-11:30am (Shallow Water)	9am-10am (Combo)	10:30am-11:30am (Deep Water)	9am-10am (Deep Water)	10:30am-11:30am (Shallow Water)	N/A
Swim Lessons*	Closed	10am, 5:30pm, 6pm	N/A	10am, 5:30pm, 6pm	N/A	N/A	10:30am, 11am, 11:45am, 12:15pm
Open Swim	Closed	1pm-3pm 3:15pm-4pm	Closed	1pm-3pm 3:15pm-4pm	Closed	1pm-3pm 3:15pm-4pm	1pm-3pm 3:15pm-5pm
Masters	Closed	6am-7am	6pm-7pm	6am-7am	6pm-7pm	6am-7am	N/A
Manitou Megalodons	Closed	5:30pm-7pm	N/A	5:30pm-7pm	N/A	N/A	N/A

*Lap lanes open will be dictated on capacity of open swim.

*Registration is required for swim lessons. Please see reverse for session details.

*Kiddie pool age restriction applies. Ages 7 and below only during this time. During open swim the kiddie pool will be open to ages 10 and below.

Manitou Springs Pool and Fitness Center Schedule

Winter Season: January 2nd- February 15th.



Swim Lessons Information:

Winter Session	Monday/Wednesday (8, 30-minute lessons)	Saturday (8, 30-minute lessons)
1	January 6 th - January 29 th Cost: \$66 Levels offered 10am: Turtles Only 5:30pm: Guppies, Starfish, Seahorse 6pm: Sea Lion, Dolphin, Shark	January 4 th - February 22 nd Cost: \$66 10:30am & 11am: Guppies, Starfish, Seahorse 11:45am & 12:15pm: Sea Lion, Dolphin, Shark
2	February 3 rd - February 26 th Cost: \$66 Levels offered 10am: Turtles Only 5:30pm: Sea Lion, Dolphin, Shark 6pm: Guppies, Starfish, Seahorse	N/A

Registration will open two weeks before and will close 3 days prior to the start of the session. Please contact Whitney, at 719-685-9735, for any questions on swimming lessons.



*Lap lanes open

*Registration is required for swim lessons. Please see reverse for session details.

*Kiddie pool age restriction applies. Ages 7 and below only during this time. During open swim the kiddie pool will be open to ages 10 and below.