

SALIDA HOT SPRINGS AQUATIC CENTER



May 30th – August 6th 2017

**POOL TO BE CLOSED STARTING SEPTEMBER 18TH
FOR 6-8 WEEKS...major lap lane renovation ☺**



410 W. Rainbow Blvd.
Salida, CO 81201
(719) 539-6738
www.salidarec.com

(all active passes will be extended for shutdown time PLUS compensated for 1 extra month)

* **FREE/DISCOUNTED SWIM:** Please check our bulletin board or website for when various groups are appreciated by free/discounted admission

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>OPEN SWIM Noon to 6pm</p>	<p>AM Lap Swim/Adult Soak 6-7am/10am-1pm Swim Team (Cyclones) 7-10am (6 lanes) Arthritis 9-10am Parent/Tot 11:30am -1pm Aquacize noon-1pm</p> <p>(discounted prices in am only) *****</p> <p>OPEN SWIM 1pm to 4pm 5pm-8pm All Ages Soak 1-8pm Cardio Splash 4-5pm Swim Team (Cyclones) 5:30-7:30pm (1 lane)</p>	<p>AM Lap Swim/Adult Soak 6-7am/10am-1pm Adult Coached Swim 6-7am Volleyball 6-7am Swim Team (Cyclones) 7-10am (6 lanes) Parent/Tot 11:30am -1pm Splash noon-1</p> <p>(discounted prices in am only) *****</p> <p>OPEN SWIM 1pm to 8pm</p> <p>Swim Team (Cyclones) 5:30-7:30pm (1 lane)</p>	<p>AM Lap Swim/Adult Soak 6-7am/10am-1pm Swim Team (Cyclones) 7-10am (6 lanes) Arthritis 9-10am Parent/Tot 11:30am -1pm Aquacize noon-1pm</p> <p>(discounted prices in am only) *****</p> <p>OPEN SWIM 1 pm to 4pm 5pm-8pm All Ages Soak 1-8pm Cardio Splash 4-5pm Swim Team (Cyclones) 5:30-7:30pm (1 lane)</p>	<p>AM Lap Swim/Adult Soak 6-7am/10am-1pm Adult Coached Swim 6-7am Volleyball 6-7am Swim Team (Cyclones) 7-10am (6 lanes) Parent/Tot 11:30am -1pm Splash noon-1</p> <p>*****</p> <p>OPEN SWIM 1 pm to 5 pm</p> <p>Family Swim Night 5-8pm Swim Team (Cyclones) 5:30-7:30pm (1 lane)</p>	<p>AM Lap Swim/Adult Soak 6-8am/10am-1pm Sunrise Water Yoga 7-8am Swim Team (Cyclones) 8-10am (6 lanes) Arthritis 9-10am Parent/Tot 10am -1pm Aquacize noon-1pm</p> <p>(discounted prices in am only) *****</p> <p>OPEN SWIM* 1 pm to 9 pm</p>	<p>AM Lap Swim/Adult Soak 9am-1pm Weekend Water Workout 9-10am Parent/Tot 10am – 1pm</p> <p>(discounted prices in am only) *****</p> <p>OPEN SWIM 1 pm to 9 pm</p>

LAP SWIMMERS

For more detailed lap lane availability, look on our website or on a sheet posted at the front desk.

Please note, this schedule brings changes to Aquacize, Volleyball, Adult Stroke Clinic and Parent/Tot times

SPECIAL POOL EVENTS (pool may be extra busy, certain classes may be affected, pool hours may be affected)

- * **May 31st, June 1st and 2nd (Wednesday, Thursday and Friday)** – Parent /Tot times will be 10am-1pm
- * **June 1st (Thursday)** – School’s Out – Free Swim Day from 1-5pm
- * **June 3rd, 17th, 24th and July 1st (Saturdays)** Parent Tot Swim Lessons 9-9:45am
- * **June 5th** – Summer Swim Lessons begin- Mondays thru Thursdays (5 sessions throughout summer)
- * **June 9th-11th (Noon on Friday and all day Saturday and Sunday)** – Alicia Leavitt Memorial Swim Meet – Pool closed for public swim
- * **July 4th (Tuesday)** – Pool opens at 8am No Cardio Splash class from 4-5pm



SPECIAL EVENTS THAT WILL AFFECT THE WEEKLY SCHEDULE

Regular Daily Admission
DURING "OPEN SWIM" HOURS

Adult.....\$11 Shower Only.....\$5
 Senior 60+/Military.....\$9
 Youth (6-17 years).....\$5
 Child (0-5 years).....\$3
PRIVATE POOLS, 18 + ONLY
 1 hour soak, 1 person.....\$12
 1 hour soak, ea. add'l person....\$6
 1 hour soak, senior/military.....\$9
 1 hour soak & public swim.....\$15

PRIVATE RENTAL RATES

Rent the pool for your special event!
 ~Before or after regular hours~
 1-10 people \$60/hr
 11-20 people \$70/hr
 21-40 people \$80/hr
 41-60 people \$90/hr
 61-100 people \$120/hr
 101+ people \$1.50/person/hr

Pool memberships

Pool Memberships and punch passes are a great way to save on swimming and fitness classes!

	Individual			Family*
	Youth	Adult	Senior	
6 month	\$145			\$290
6 month , monthly plan*	\$26/mo.			\$53/mo.
Annual	\$250			\$500
Annual, monthly plan*	\$23/mo.			\$46/mo.
Annual Fitness Add On	\$120			---
Annual Fitness Add On, monthly plan*	\$11/mo.			---
15 visits	\$37.50	\$75	\$60	---
10 adult/10 youth	---	---	---	\$75
10 Arthritis class	\$25			---
10 Private Soak	---	\$90		---

Memberships do not include fitness classes or special events. The Add-on Fitness Pass will upgrade a membership to include drop-in fitness classes. Punch passes are good for one year from purchase and can be used for drop in fitness classes, but not special events.

*Family is Parents/caregivers and minors for whom they are legally responsible.

Discounted Rates

Family Night, Thursdays, 5pm to 8pm
 And Monday through Saturday before 1 pm
 Adult.....\$5
 Youth (6-17 years).....\$3
 Child (0-5 years).....\$2
 Show us it's your birthday - FREE ALL DAY!

Lockers, swim suits, goggles & towels are available to rent for \$1 each.
 Children less than 4 feet tall at the shoulders or unable to swim 25 meters must have an adult within arm's reach in the water at all times. We have a selection of swim suits, goggles, water fitness equipment and pool toys for sale.
 Business Passes are \$500 per 100.

Drop in fitness classes

Aquacize

You get a cardiovascular workout and some strength training! Your buoyancy in water helps to minimize strain on joints and bones.

Days	Time	Fee
M/W/F	Noon – 1 pm	\$5

Arthritis Pool Therapy

Improve flexibility, and sooth joint inflammation. This group also holds a potluck on the last Friday of the month after class.

*Free to Silver Sneakers/Silver & Fit members.**

Days	Time	Fee
M/W/F	9 – 10 am	\$2.50

Cardio Splash

This class will trim your core as it strengthens using the natural resistance of the water along with pool exercise equipment.

Days	Time	Fees
M/W	4 – 5 pm	\$5

Water Yoga

This class takes traditional yoga poses into the water! The wall and noodles are used for support and balance. Relaxing, invigorating and restorative.

Days	Time	Fees
F	7 – 8 am	\$5

Weekend Water Workout

Our seasoned instructors incorporate music, floatation, resistance props & expert knowledge to deliver a fun workout can be adjusted to your exertion level.

Days	Time	Fees
Saturdays	9 – 10am	\$5

Adult Stroke Clinic (on-going)

This is an ongoing high intensity workout for the advanced swimmer. On deck elite coach to advise and challenge you. See the flyer below for details on a special series of adult stroke clinics for beginner to intermediate lap swimmers.

Days	Time	Fees
T/Th	6:00 – 7:00 am	\$5

Splash

Improve agility, flexibility, balance and cardiovascular endurance. No swimming ability is required.

*Free to Silver Sneakers/Silver & Fit members.**

Days	Time	Fees
T/Th	Noon – 1 pm	\$5

Water Volleyball

Enjoy the buoyant effects of water and play with this friendly & supportive group.

Days	Time	Fees
T/Th	6-7 am	\$5

*** Ask about free swimming** for "Silver Sneakers" and "Silver & Fit" Participants.