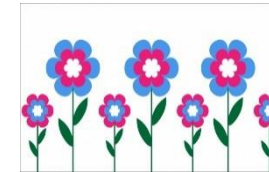


# SALIDA HOT SPRINGS AQUATIC CENTER

APRIL 1<sup>ST</sup> – MAY 7<sup>TH</sup> 2017

(POOL CLOSED MAY 8<sup>TH</sup> – MAY 13<sup>TH</sup> FOR SPRING CLEANING)



410 W. Rainbow Blvd.  
Salida, CO 81201  
(719) 539-6738  
[www.salidarec.com](http://www.salidarec.com)

\* Please note holidays and special events listed below which may affect the routine schedule.

\* FREE & DISCOUNT SWIMMING: April (Teachers & School Administrators)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>OPEN SWIM</b></p> <p>6am-1pm</p> <p><b>*Sunrise Water Yoga</b> 7-8am (new class)</p> <p><b>Arthritis</b> 8-9am</p> <p><b>Longfellow Lessons</b> 8:30-11:45am</p> <p><b>Parent/Tot</b> 10am-1pm</p> <p><b>Aquacize</b> noon-1pm</p> <p>(discounted prices in am only) *****</p> <p><b>OPEN SWIM</b> <b>1pm-4pm/7:30pm-8pm</b></p> <p><b>Longfellow Lessons</b> 1-3pm</p> <p><b>Cardio Splash</b> 4-5pm</p> <p><b>Swim Team</b> 4:30-7:30pm</p> <p><b>All ages soak</b> 1-8pm</p>	<p><b>AM Lap Swim/Adult Soak</b> 6am-1pm</p> <p><b>*Sunrise Water Yoga</b> 7-8am (new class)</p> <p><b>Arthritis</b> 8-9am</p> <p><b>Longfellow Lessons</b> 8:30-11:45am</p> <p><b>Parent/Tot</b> 10am-1pm</p> <p><b>Aquacize</b> noon-1pm</p> <p>(discounted prices in am only) *****</p> <p><b>OPEN SWIM</b> <b>1pm-4pm/7:30pm-8pm</b></p> <p><b>Longfellow Lessons</b> 1-3pm</p> <p><b>Cardio Splash</b> 4-5pm</p> <p><b>Swim Team</b> 4:30-7:30pm</p> <p><b>All ages soak</b> 1-8pm</p>	<p><b>AM Lap Swim/Adult Soak</b> 6am-1pm</p> <p><b>Adult Coached Swim</b> 6:30-7:30am</p> <p><b>Volleyball</b> 7-8am</p> <p><b>Longfellow Lessons</b> 8:30-11:45am</p> <p><b>Parent/Tot</b> 10am-1pm</p> <p><b>Splash</b> noon-1</p> <p>(discounted prices in am only) *****</p> <p><b>OPEN SWIM</b> <b>1pm to 5pm</b></p> <p><b>Longfellow Lessons</b> 1-3pm</p> <p><b>Swim Team</b> 4:15-7pm</p> <p><b>Lap Swim</b> (1 lane) 5-7pm</p> <p><b>All ages soak</b> 1-6:30pm</p> <p><b>Kayak Roll</b> 7-9pm</p>	<p><b>AM Lap Swim/Adult Soak</b> 6am-1pm</p> <p><b>Swim Team</b> 6:30-7:30am</p> <p><b>Arthritis</b> 8-9am</p> <p><b>Longfellow Lessons</b> 8:30-11:45am</p> <p><b>Parent/Tot</b> 10am-1pm</p> <p><b>Aquacize</b> noon-1pm</p> <p>(discounted prices in am only) *****</p> <p><b>OPEN SWIM</b> <b>1 pm to 4pm/5pm-8pm</b></p> <p><b>Longfellow Lessons</b> 1-3pm</p> <p><b>Cardio Splash</b> 4-5pm</p> <p><b>All ages soak</b> 1-8pm</p>	<p><b>AM Lap Swim/Adult Soak</b> 6am-1pm</p> <p><b>Adult Coached Swim</b> 6:30-7:30am</p> <p><b>Volleyball</b> 7-8am</p> <p><b>Longfellow Lesson</b> 8:30-11:45am</p> <p><b>Parent/Tot</b> 10am-1pm</p> <p><b>Splash</b> noon-1</p> <p>*****</p> <p><b>OPEN SWIM</b> <b>1 pm to 5 pm</b></p> <p><b>Longfellow Lessons</b> 1-3pm</p> <p><b>Family Swim Night</b> 5-8pm</p> <p>*Underwater Egg Hunt <b>4/13 5-6:30pm*</b></p>	<p><b>AM Lap Swim/Adult Soak</b> 6am-1pm</p> <p><b>Sunrise Water Yoga</b> 7-8am</p> <p><b>Aquacize</b> 8-9am</p> <p><b>Arthritis</b> 9-10am</p> <p><b>Montessori Lessons</b> 10-11:45am</p> <p><b>Parent/Tot</b> 10am-1pm</p> <p>(discounted prices in am only) *****</p> <p><b>OPEN SWIM*</b> <b>1 pm to 9 pm</b></p> <p><b>Montessori Lessons</b> 1-1:45pm</p> <p>* Pool closes to general public at 6:45 pm on <b>4/14</b> for "Jive &amp; Dive"</p>	<p><b>Swim Team</b> 7-10am</p> <p><b>AM Lap Swim/Adult Soak</b> 9am-1pm</p> <p><b>Weekend Water Workout</b> 9-10am</p> <p><b>Parent/Tot</b> 10am – 1pm</p> <p>(discounted prices in am only) *****</p> <p><b>OPEN SWIM</b> <b>1 pm to 9 pm</b></p>

Calendar Definitions  
**Open Swim**- the amenities will be open at the discretion of the head lifeguard based on conflicting fitness classes, lessons and staffing  
**All Ages Soak**- the leisure pool is available but the lap lanes may be being used by classes, swim team or lessons

**SPECIAL POOL EVENTS** (pool may be extra busy, certain classes may be affected, pool hours may be affected)  
 \* **April 3<sup>rd</sup> – May 4<sup>th</sup> (Mondays-Thursdays)** – 8:30-11:45am, 1-2:50pm Longfellow Lessons; various areas of pool may be used based on age/skill level  
 \* **April 7<sup>th</sup> – April 28<sup>th</sup> (Fridays)** – 10-11:45am, 1-1:45pm Montessori Lessons; various areas of pool may be used based on age/skill level  
 \* **April 13<sup>th</sup> (Thursday)** – Underwater Egg Hunt 5-6:30pm  
 \* **April 14<sup>th</sup> (Friday)** – Jive and Dive; pool closes at 6:45pm to public  
 \* **May 8<sup>th</sup> – May 13<sup>th</sup>** – Pool closed for Spring Cleaning

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

**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. \*Check for time changes.

Days	Time	Fee
M/W/F	8-9am/12-1pm	\$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. \*Check for time changes.

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

Days	Time	Fee
M/W/F	9-10am/8-9am	\$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
M/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. \*Check for time changes.

Days	Time	Fees
T/Th	6:30-7:30am/6-7am	\$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. \*Check for time changes.

Days	Time	Fees
T/Th	8-9am/7-8am	\$5

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