

# SALIDA HOT SPRINGS AQUATIC CENTER

## CHRISTMAS AND NEW YEAR'S HOLIDAY CALENDAR

(December 18th through January 14th)

**(Pool closed December 25<sup>th</sup> for Christmas)**

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



- \* **FREE/DISCOUNT SWIM:** December- Ski and swim discount; January- Free for Auto Service Workers and Owners
- \* **DECEMBER DISCOUNT SWIM:** HALF-OFF regular admission for bringing in 2 cans or packages of non-perishable food items per person. Food collected will be distributed to local food banks.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>OPEN SWIM</b>  Noon to 6pm	<b>AM Lap Swim/Adult Soak</b> 6am-1pm <b>Sunrise Water Yoga</b> 7-8am <b>Aquacize</b> 8-9am <b>Arthritis</b> 9-10am <b>Parent/Tot</b> 10am -1pm  (discounted prices before 1pm only) ***** <b>OPEN SWIM</b> 1pm to 4pm, 6:30-8pm <b>ALL AGES SOAK</b> 1-8 pm <b>Cardio Splash</b> 4-5pm (Dec 18 & Jan 8) <b>Spartan Swim Team</b> 4:30-6:30pm (Dec 18-22 & Jan 8- 12) 3 lanes 7- 9am (Dec 26-28 & Jan 2- 5) 3 lanes	<b>AM Lap Swim/Adult Soak</b> 6am-1pm <b>Adult Coached Swim</b> 6-7am <b>Volleyball</b> 8-9am <b>Parent/Tot</b> 10am -1pm <b>Splash</b> noon-1pm  (discounted prices before 1pm only) ***** <b>OPEN SWIM</b> 1-4:30pm, 6:30-8pm <b>ALL AGES SOAK</b> 1-8pm <b>Spartan Swim Team</b> 4:30-6:30pm (Dec 18-22 & Jan 8- 12) 3 lanes 7- 9am (Dec 26-28 & Jan 2- 5) 3 lanes	<b>AM Lap Swim/Adult Soak</b> 6am-1pm <b>Aquacize</b> 8-9am <b>Arthritis</b> 9-10am <b>Parent/Tot</b> 10am -1pm  (discounted prices before 1pm only) ***** <b>OPEN SWIM</b> 1- 4pm, 6:30-8pm <b>ALL AGES SOAK</b> 1-8pm <b>Cardio Splash</b> 4-5pm <b>Spartan Swim Team</b> 4:30-6:30pm (Dec 18-22 & Jan 8- 12) 3 lanes 7- 9am (Dec 26-28 & Jan 2- 5) 3 lanes	<b>AM Lap Swim/Adult Soak</b> 6am-1pm <b>Adult Coached Swim</b> 6-7am <b>Volleyball</b> 8-9am <b>Parent/Tot</b> 10am -1pm <b>Splash</b> noon-1pm  ***** <b>OPEN SWIM</b> 1-4:30pm, 6:30-8pm <b>ALL AGES SOAK</b> 1-8 pm <b>Family Swim Night</b> 5-8pm <b>Spartan Swim Team</b> 4:30-6:30pm (Dec 18-22 & Jan 8- 12) 3 lanes 7-9am (Dec 26-28 & Jan 2- 5) 3 lanes	<b>AM Lap Swim/Adult Soak</b> 6am-1pm <b>Sunrise Water Yoga</b> 7-8am <b>Aquacize</b> 8-9am <b>Arthritis</b> 9-10am <b>Parent/Tot</b> 10am -1pm  (discounted prices before 1pm only) ***** <b>OPEN SWIM*</b> 1- 4:30pm, 6:30-9pm <b>ALL AGES SOAK</b> 1-9 pm <b>Spartan Swim Team</b> 4:30-6:30pm (Dec 18-22 & Jan 8- 12) 3 lanes 7- 9am (Dec 26-28 & Jan 2- 5) 8-10am (Dec 29 <sup>th</sup> ) 3 lanes	<b>AM Lap Swim/Adult Soak</b> 9am-1pm <b>Weekend Water Workout</b> 9-10am <b>Parent/Tot</b> 10am – 1pm  (discounted prices before 1pm only) ***** <b>OPEN SWIM</b> 1 pm to 9 pm
Please note, this schedule brings changes to Open Swim, Lap Lane availability and a pool closure - Christmas Day (December 25 <sup>th</sup> )						
<b>LAP SWIMMERS</b> For more detailed lap lane availability, look on our website or on a sheet posted at the front desk.		<b>SPECIAL POOL EVENTS</b> (pool may be extra busy, certain classes may be affected, pool hours may be affected) *December 24 <sup>th</sup> (Sunday) – Christmas Eve – Close at 4pm *December 25 <sup>th</sup> (Monday) – Christmas Day pool closed *December 26 <sup>th</sup> (Tuesday) –Day After Christmas- Open at 8am – No Splash class *December 26 <sup>th</sup> - January 5 <sup>th</sup> – Spartan Swim Team practice 7-9am; Dec 29 <sup>th</sup> practice 8-10am; No practice on Jan 1 <sup>st</sup> *December 31 <sup>st</sup> (Sunday) – New Year’s Eve- Close at 4pm *January 1 <sup>st</sup> (Monday) – New Year’s Day- Open at 8am – No Sunrise Water Yoga and No Cardio Splash Class *January 5 <sup>th</sup> (Friday) – No Sunrise Water Yoga				
<b>Calendar Definitions</b> <b>OPEN SWIM</b> – means diving area is available <b>ALL AGES SOAK</b> – means the leisure pool available but lap lanes may be used by classes, swim team or swim lessons						

# Drop in fitness classes

## 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 membership	\$145			\$290
6 month membership, installment plan	\$26/mo.			\$53/mo.
Annual membership	\$250			\$500
Annual membership, installment plan	\$23/mo.			\$46/mo.
Annual Fitness Add On	\$120			---
Annual Fitness Add On, installment plan	\$11/mo.			---
15 visit punch pass	\$37.50	\$75	\$60	---
10 adult/10 youth	---	---	---	\$75
10 Arthritis class	\$25			---
10 Private Soak	---	\$90	---	---
Ask about FREE swimming for Silver Sneakers and Silver Fit participants				

\*Memberships do not include fitness classes or special events.

The Add-on Fitness Pass will upgrade a membership to include unlimited drop-in fitness classes.

Punch passes are good for one year from purchase and can be used for a single drop in fitness classes and not special events.

\*Family is Parents/caregivers and minors for whom they are legally (file under same taxes) 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 unable to swim 25 meters must have an adult within arm's reach in the water at all times. Go to [salidarec.com](http://salidarec.com) to read all the rules and regulations. We have a selection of swim suits, goggles, water fitness equipment and pool toys for sale.

Business Passes are \$500 per 100.

## 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	8 - 9 am	\$5

## Arthritis Pool Therapy

Improve flexibility, and soothe 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
M/F	7- 8am	\$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	6-7am	\$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.

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