

SALIDA HOT SPRINGS AQUATIC CENTER



October 23th – December 17th 2017

* Please note the holidays and special events listed below which will affect the pool schedule.

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

* NOVEMBER FREE SWIM: Medical/Healthcare Employees and Owners; December- Ski and swim discount

* 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 food banks in the county to benefit those in need.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>OPEN SWIM</p> <p>Noon to 6pm</p>	<p>AM Lap Swim/Adult Soak 6am-1pm Sunrise Water Yoga 7-8am Aquacize 8-9am Arthritis 9-10am Parent/Tot 10am-1pm</p> <p>(discounted prices before 1pm only) *****</p> <p>OPEN SWIM 1-4pm, 6:30-8pm All Ages Soak 1-8pm Cardio Splash 4-5pm Spartan Swim Team 4:30-6:30pm (3 lanes)</p>	<p>AM Lap Swim/Adult Soak 6am-1pm Adult Coached Swim 6-7am Volleyball 8-9am Parent/Tot 10am-1pm Splash noon-1pm</p> <p>(discounted prices before 1pm only) *****</p> <p>OPEN SWIM 1-4:30pm, 6:30-8pm All Ages Soak 1-8pm Spartan Swim Team 4:30-6:30pm (3 lanes) Cyclone Swim Team 4:30-6:30pm (2 lanes)</p>	<p>AM Lap Swim/Adult Soak 6am-1pm Aquacize 8-9am Arthritis 9-10am Parent/Tot 10am-1pm</p> <p>(discounted prices before 1pm only) *****</p> <p>OPEN SWIM 1-4pm, 6:30-8pm All Ages Soak 1-8pm Cardio Splash 4-5pm Spartan Swim Team 4:30-6:30pm (3 lanes) Cyclone Swim Team 4:45-6:30pm (2 lanes)</p>	<p>AM Lap Swim/Adult Soak 6am-1pm Adult Coached Swim 6-7am Volleyball 8-9am Parent/Tot 10am-1pm Splash noon-1pm</p> <p>*****</p> <p>OPEN SWIM 1-4:30pm All Ages Soak 1-8pm Family Swim Night 5-8pm Spartan Swim Team 4:30-6:30pm (3 lanes)</p>	<p>AM Lap Swim/Adult Soak 6am-1pm Sunrise Water Yoga 7-8am Aquacize 8-9am Arthritis 9-10am Parent/Tot 10am -1pm</p> <p>(discounted prices before 1pm only) *****</p> <p>OPEN SWIM* 1-4:30pm, 6:30-9pm All Ages Soak 1-9pm Spartan Swim Team 4:30-6:30pm (3 lanes) *Pool closes to general public at 6:45pm on 11/10 & 12/8 for "Jive & Dive"</p>	<p>AM Lap Swim/Adult Soak 9am-1pm Weekend Water Workout 9-10am Parent/Tot 10am – 1pm</p> <p>(discounted prices before 1pm 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 Open Swim and Lap Lane availability and a Pool Closure- Thanksgiving Day (Nov 23rd)

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

- *October 24th - Cyclone Swim Team begins practice
- *November 6th – Spartan Swim Team begins practice
- * November 10th (Friday) – Jive and Dive; pool closes at 6:45pm to public
- *November 11th – Veteran’s Day (Veterans swim free)
- *November 20th – No Sunrise Water Yoga
- *November 20-24- Spartan Swim Team practice 7-9am
- *November 23rd – Thanksgiving Day- Pool Closed
- *November 24th – Pool opens at 8am – No Sunrise Water Yoga
- *December 8th – Salida Spartan Swim Meet 4-6pm- Pool will close at 3:30pm and will not re-open to the public- Jive and Dive starts at 7pm



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 unable to swim 25 meters must have an adult within arm's reach in the water at all times. Go to 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.

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	8 – 9 am	\$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
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 – 10 am	\$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– 7 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	8 – 9 am	\$5

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