

SALIDA HOT SPRINGS AQUATIC CENTER

JANUARY 15 – March 11 2018



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

* **SKI & SWIM discount:** Bring in your Monarch season pass or that days ticket for \$2 off Adult or \$1 off Youth regular daily admission
* **APPRECIATION FREE SWIM:** Jan (Auto Service Workers/Owners), Feb (Monarch Employees), March (Hotel/Hostel Employees and Owners)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN SWIM Noon to 6pm	AM Lap Swim/Adult Soak 6am-1pm Sunrise Water Yoga 7-8am Aquacize 8-9am Arthritis 9-10am Parent/Tot 10am-1pm (discounted prices before 1pm only) ***** OPEN SWIM 1-4pm, 6:30-8pm ALL AGES SOAK 1-8pm Cardio Splash 4-5pm Spartan Swim Teams 4:30-6:30pm (3 lanes)	AM Lap Swim/Adult Soak 6am-1pm Adult Coached Swim 6-7am Volleyball 8-9am Parent/Tot 10am-1pm Splash noon-1pm (discounted prices before 1pm only) ***** OPEN SWIM 1-4:30pm ALL AGES SOAK 1-6:30pm Spartans Swim Team 4:30-6:30pm (3 lanes) Swim Lessons (Preschool – Level 4) 5:30-6:15pm (Jan 9, 16, 23, 30) Kayak Roll 7-9pm	AM Lap Swim/Adult Soak 6am-1pm Aquacize 8-9am Arthritis 9-10am Parent/Tot 10am-1pm (discounted prices before 1pm only) ***** OPEN SWIM 1-4pm, 6:30-8pm ALL AGES SOAK 1-8pm Cardio Splash 4-5pm Spartans Swim Teams 4:30-6:30pm (3 lanes) Swim Lessons (Preschool – Level 4) 5:30-6:15pm (Jan 10, 17, 24, 31)	AM Lap Swim/Adult Soak 6am-1pm Adult Coached Swim 6-7am Volleyball 8-9am Parent/Tot 10am -1pm Splash noon-1pm (discounted prices before 1pm only) ***** OPEN SWIM 1-4:30pm, 6:30-8pm ALL AGES SOAK 1-8pm Family Swim Night 5-8pm Spartans Swim Teams 4:30-6:30pm (3 lanes)	AM Lap Swim/Adult Soak 6am-1pm Sunrise Water Yoga 7-8am Aquacize 8-9am Arthritis 9-10am Parent/Tot 10am-1pm (discounted prices before 1pm only) ***** OPEN SWIM* 1-4:30pm; 6:30-9 pm ALL AGES SOAK 1-9 pm Spartan Swim Teams 4:30-6:30pm (3 lanes) *Pool closes to general public at 6:45pm on 1/19, 2/9, 3/2 for "Jive & Dive"	Parent Tot Lessons 9-9:45am (Jan 6, 13, 20 & 27) AM Lap Swim/Adult Soak 9am-1pm Weekend Water Workout 9-10am Parent/Tot 10am – 1pm (discounted prices before 1pm only) ***** OPEN SWIM 1 pm to 9 pm

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

Calendar Definitions

OPEN SWIM – means diving area is available
ALL AGES SOAK – means the leisure pool available but lap lanes may be used by classes, swim team or swim lessons
Swim Lessons (Preschool-Level 4) – may take 1 lap lane

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

- * Jan 6 – Jan 27 (Saturday) – Parent Tot Swim Lesson 9-9:45am
- * Jan 9, 10, 16, 17, 23, 24, 30, 31 (Tuesdays and Wednesdays) – Group Swim Lessons 5:30-6:15pm
- * Jan 19, Feb 9, Mar 2 (Fridays) – Jive and Dive; pool closes at 6:45pm to public
- * Feb 14 (Wednesday) – Valentine’s Day, two for the price of one adult regular daily admission
- *No Swim Team Practice: Jan 12, Jan 16, Feb 1, Feb 2
- *Last day of Spartan Swim Team- Feb 8

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 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	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	\$3

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

Water Volleyball

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

Days	Time	Fees
T/Th	8 - 9 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 Pilates

This class combines traditional Pilates moves with natural resistance of water and use of props to build core strength and aid in proper body alignment. The class incorporates floating water exercise and stretching to improve flexibility and range of motion. This class begins February 2.

Days	Time	Fees
F	8 - 9 am	\$5