

Carbon Valley Pool Schedule Winter/Spring 2025

February 10, 2025-May 25, 2025

Open Swim (All ages welcome)	Water Slide (Must be 48in or taller to ride)	Adult Exercise Open exercise in the activity pool – Refer to () for river walking availability	Lap Swim (Lane sharing required)	Programs (Refer to Aqua Fitness Schedule for times and details)
<p><u>M/W</u> 1-8:30pm (Activity pool only 1-4pm)</p> <p><u>Tu/Th</u> 1-4:30pm</p> <p><u>Friday</u> 1-8:30pm (Activity pool only 1-4pm)</p> <p><u>Saturday</u> 11am-4:30pm</p> <p><u>Sunday</u> 10am-4:30pm</p> <p><small>* Refer to water slide schedule for slide availability</small></p>	<p><u>Monday</u> 4-8:30pm</p> <p><u>Wednesday</u> 4-8:30pm</p> <p><u>Friday</u> 4-8:30pm</p> <p><u>Saturday</u> 11am-4:30pm</p> <p><u>Sunday</u> 10am-4:30pm</p>	<p><u>Monday</u> 5:30-10am (River walking: 5:30-8am & 9-10am)</p> <p><u>Wednesday</u> 5:30-10am (River walking: 5:30-9:15am)</p> <p><u>Tu/Th</u> 5:30-10:30am (River walking: 5:30-7am & 8-10:30am)</p> <p><u>Friday</u> 5:30-10am (River walking: 5:30-8am)</p> <p><u>Saturday</u> 7:30-8:30am (River walking: 7:30-8:30am)</p>	<p><u>M/W/F</u> 5:30am-1pm 4-8:30pm</p> <p><u>Tu/Th</u> 5:30am-4:30pm 7-8:30pm</p> <p><u>Saturday</u> 7:30-8:30am 11am-4:30pm</p> <p><u>Sunday</u> 10am-4:30pm</p>	<p><u>Swimming Lessons</u> Tu/Th: 4:30-7pm Sa: 8:30-11am</p> <p><u>Adults Only (Ages 18 and up)</u> M-F: 5:30am-1pm Tu/Th: 7-8:30pm Sa: 7:30-8:30am</p> <p><u>AquaFit</u> River Circuit: M/F River Strength: Tu/W/Th Deep/Aqua Tone: M/Tu/W/Th/Sa Aqua Tabata: Tu/Th Water Barre: F Boga-lates: Sa</p>

POOL HOURS
M-F: 5:30am- 8:30pm
Sa: 7:30am-4:30pm
Su: 10am-4:30pm
POOL CLOSURES
Sunday, April 20th
Monday, May 26th (open 7am-3pm)
<i>Open swim starts at 10 AM (slide opens at 1 PM) on these "No School" days: Feb 14, Feb 17, Mar 17-21, Apr 28, May 23.</i>

Carbon Valley Recreation Center

701 5th Street, Frederick, CO 80530

For additional information regarding pool hours, programs, birthday parties, or questions about pool policies, please call the aquatic office @ 303-833-3660 or visit our website @ www.cvprd.com

