

Carbon Valley Pool Schedule Fall/Winter 2025

August 11, 2025 - January 4, 2026

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)
<u>M/W</u> 1-8:30pm (Activity pool only 1-4pm) <u>Tu/Th</u> 1-4:30pm <u>Friday</u> 1-8:30pm (Activity pool only 1-4pm) <u>Saturday</u> 11am-4:30pm <u>Sunday</u> 10am-4:30pm <small>* Refer to water slide schedule for slide availability</small>	<u>Monday</u> 4-8:30pm <u>Wednesday</u> 4-8:30pm <u>Friday</u> 4-8:30pm <u>Saturday</u> 11am-4:30pm <u>Sunday</u> 10am-4:30pm	<u>Monday</u> 5:30-10am (River walking: 5:30-8am & 9-10am) <u>Wednesday</u> 5:30-10am (River walking: 5:30-9:15am) <u>Tu/Th</u> 5:30-10:30am (River walking: 5:30-7am & 8-10:30am) <u>Friday</u> 5:30-10am (River walking: 5:30-8am) <u>Saturday</u> 7:30-8:30am (River walking: 7:30-8:30am)	<u>M/W/F</u> 5:30am-1pm 4-8:30pm <u>Tu/Th</u> 5:30am-4:30pm 7-8:30pm <u>Saturday</u> 7:30-8:30am 11am-4:30pm <u>Sunday</u> 10am-4:30pm	<u>Swimming Lessons</u> Tu/Th: 4:30-7pm Sa: 8:30-11am <u>Adults Only (Ages 18 and up)</u> M-F: 5:30am-1pm Tu/Th: 7-8:30pm Sa: 7:30-8:30am <u>AquaFit</u> River Circuit: M/F River Strength: Tu/W/Th Deep/Aqua Tone: M/Tu/W/Th/Sa Aqua Tabata: M/Tu/Th Water Barre: F Boga-lates: Sa

POOL HOURS
M-F: 5:30am- 8:30pm Sa: 7:30am-4:30pm Su: 10am-4:30pm
POOL CLOSURES
8/17-8/31, 9/1 (open 7am-2:30pm, 11/27, 12/24 (open 7am-2:30pm), 12/25, 12/31 (open 7am-2:30pm), 1/1 <i>Open swim starts at 10 AM (slide opens at 1 PM) on these "No School" days: 8/11, 8/12, 9/1 (7am-2:30pm), 11/24-11/28, 12/22-1/2)</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

Schedule subject to change. Please check the website regularly for the most up-to-date information.

