



Pool Schedule Winter/Spring 2026

January 5 - May 24

Carbon Valley Recreation Center
701 5th Street, Frederick CO 80530

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Hours & Heated Amenities Adults only M-F 5:30am-1pm	5:30am-8:30pm	5:30am-8:30pm	5:30am-8:30pm	5:30am-8:30pm	5:30am-8:30pm	7:30am-4:30pm	10am-4:30pm
Adult Exercise Drop in the activity pool & river (*not available during scheduled fitness programs)	5:30-10am	5:30-10:30am	5:30-10am	5:30-10:30am	5:30-10am	7:30-8:30am	
Lap Swim Ages 16+, Lane sharing required	5:30am-1pm & 4-8:30pm	5:30am-4:30pm & 7-8:30pm	5:30am-1pm & 4-8:30pm	5:30am-4:30pm & 7-8:30pm	5:30am-1pm & 4-8:30pm	7:30-8:30am & 11am-4:30pm	10-4:30pm
Open Swim All ages welcome	1-8:30pm (Activity pool only 1-4pm)	1-4:30pm	1-8:30pm (Activity pool only 1-4pm)	1-4:30pm	1-8:30pm (Activity pool only 1-4pm)	11am-4:30pm	10am-4:30pm
Water Slide Must be 48+ inches tall to ride	4-8:30pm		4-8:30pm		4-8:30pm	11am-4:30pm	10am-4:30pm

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

Pool Closures: January 1, April 5, May 25 (open 6am-12:30pm)

Youth Swim Lessons: Tu/Th 4:30-7pm, Sat 8:30-11am.

"No School" Day Adjusted Hours: 1/5, 1/19, 2/15, 3/16-3/20, 4/27, & 5/22--open swim starts at 11am (slide opens at 1pm)

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

Aqua Fitness Class Schedule

Water shoes are recommended for all river classes

Updated 4.2.26

Adult Fitness (Ages 16+)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daytime Classes 7-10:30 am	River Circuit 8-9 am Katy	River Strength 7-8 am Ginger	Aqua Tone 8-9 am Aleta	River Strength 7-8 am Ginger	River Circuit 8-9 am Ginger	Boga Yoga 7:40-8:25 am Jenn
	Deep Water Aqua Tone 9:15-10 am Katy	Deep Water Aqua Tone 8:15-9:15 am Laura	River Strength 9:15-10 am Aleta	Deep Water Aqua Tone 8:15-9:15 am Laura	Aqua Tabata 9:15-10:15 am Ginger	Aqua Tone 8:45-9:45 am Instructor Rotation
		Aqua Tabata 9:30-10:30 am Jackie		Aqua Tabata 9:30-10:30 am Katy		
Evening Classes 5:30-6:30 pm	Aqua Tabata 5:30-6:30 pm Ginger		Aqua Tone 5:30-6:30 pm Ginger			

Swim Lessons

Youth Swimming Lessons*

Tu/Th
4:30-7 pm

Saturday
8:30-11 am

***Registration Required for all Swim Lessons**

Please check in with Guest Services to pick up your participation number card and to sign up for SMS text alerts.

All adult fitness classes are first come, first served and require a number card from the front desk. Classes are included with all memberships and drop-in admission. Classes are subject to change or be cancelled without notice. See full class descriptions on cvprd.com/aqua-fitness.

