

Colorado Athletic Club Inverness - Indoor Winter Pool Schedule

374 Inverness Parkway, Englewood, Colorado :: 303.790.7777

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open-5:50AM	Lap Swim 3 Lanes Stingrays 2 Lanes	Stingrays 4 Lanes <i>(Until 6:15AM)</i> Lap Swim 1 Lane	Lap Swim All Lanes	Stingrays 4 Lanes <i>(Until 6:15AM)</i> Lap Swim 1 Lane	Lap Swim All Lanes	Lap Swim All Lanes	Lap Swim All Lanes
5:50-7AM	Masters All Lanes	Lap Swim All Lanes	Masters All Lanes	Lap Swim All Lanes	Masters All Lanes	Stingrays 4 Lanes <i>(6-9:15AM)</i> LapSwim 1 Lane	
7:30-8:30AM	Lap Swim All Lanes		Lap Swim All Lanes		Lap Swim All Lanes		Lap Swim All Lanes
8:30-9:30AM		H2O Fitness 3 Lanes Lap Swim 1 Lane Swim Lessons 1 Lane	H2O Fitness 3 Lanes Lap Swim 1 Lane Swim Lessons 1 Lane	H2O Fitness 3 Lanes Lap Swim 2 Lanes	H2O Fitness 3 Lanes Lap Swim 1 Lane Swim Lessons 1 Lane	H2O Fitness 3 Lanes Lap Swim 2 Lanes	H2O Fitness 3 Lanes Lap Swim 2 Lanes
9:30-10:30AM	Lap Swim All Lanes						
11AM-12PM	Lap Swim All Lanes	Pre-Masters 4 Lanes Lap Swim 1 Lanes	Lap Swim All Lanes	Pre-Masters 4 Lanes Lap Swim 1 Lanes	Lap Swim All Lanes	Stingrays 3 Lanes <i>(10:30AM-1PM)</i> Lap Swim 2 Lanes	
12-1PM	Masters <i>(11:50-1:10PM)</i> All Lanes	Masters All Lanes	Masters <i>(11:50-1:10PM)</i> All Lanes	Masters All Lanes	Masters <i>(11:50-1:10PM)</i> All Lanes		
1-3:45PM	Lap Swim All Lanes	Lap Swim All Lanes	Lap Swim All Lanes	Lap Swim All Lanes	Lap Swim All Lanes	Lap Swim All Lanes	
3:45-7:30PM	Stingrays All Lanes	Stingrays All Lanes	Stingrays All Lanes	Stingrays All Lanes	Stingrays All Lanes		
7:30-8:30PM	Stingrays 3 Lanes Lap Swim 2 Lane	Stingrays 3 Lanes Lap Swim 2 Lane	Stingrays 3 Lanes Lap Swim 2 Lane	Stingrays 3 Lanes Lap Swim 2 Lane	Lap Swim All Lanes		
8:30-Close	Lap Swim All Lanes	Lap Swim All Lanes	Lap Swim All Lanes	Lap Swim All Lanes			

All lanes are not required to maintain a minimum amount of swimmers during team practices. If you need a lane, ask a coach on deck.