



WORK OUT WEST  
health & recreation campus

TENNIS CENTER

# Summer Pool Schedule

970.330.6707 ext. 1



**SUMMER HOURS:**

Monday-Thursday 6:00 a.m.-10:00p.m.  
Friday 6:00 a.m.-8:00 p.m.  
Saturday & Sunday 7a.m.-6 p.m.

- For complete information on all aquatics programs call Work Out West.
- Private swim lessons available upon request.
- Begins May 31, 2011

*One lane open during Hydro Classes for lap swimming.*

WORK OUT WEST... encouraging wellness  
and inspiring a commitment to your health  
and personal goals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-10:00 a.m. Hydro Aerobics	9:00-10:00 a.m. Deep H2O Aerobics	9:00-10:00 a.m. Hydro Aerobics	9:00-10:00 a.m. Deep H2O Aerobics	9:00-10:00 a.m. Hydro Aerobics	9:00-10:00 a.m. Hydro Aerobics	
5:30-6:30 p.m. Hydro Aerobics		5:30-6:30 p.m. Hydro Aerobics			1:00-4:00 p.m. Lifeguard On Duty	1:00-4:00 p.m. Lifeguard On Duty