

WINTER SCHEDULE
IRON HORSE POOL 719-526-4093
Effective September 4th, 2018

In-Service Training for Lifeguards is Every Other Wednesday beginning 12 September. All Pools on Post will be CLOSED from 1300-1500.

Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Lap Swim (no groups)	0530-0630	0530-0630	0530-0630	0530-0630	0530-0630		
Active Duty PT Capacity 40 Soldiers	0630-0730	0630-0730 Reservation Only	0630-0730	0630-0730 Reservation Only	0630-0730		
Warrior Transition Unit (2 Lanes NOV-MAR)	0800-0900						
Military Training Must Be Scheduled	0900-1100 Reservation Only	0900-1100 Reservation Only	0900-1100 Reservation Only	0900-1100 Reservation Only	0900-1100 Reservation Only		
Lap Swim	0730-1300 1600-1800	0730-1300 1600-1800	0730-1300 1600-1800	0730-1300 1600-1800	0730-1300 1600-1800	0630-1100 1800-1930	0630-1100 1800-1930
Family Pool	0530-2130	0530-2130	0530-2130	0530-2130	0530-2130	0630-1930	0630-1930
Diving Boards	1100-1600 1800-2130	1100-1600 1800-2130	1100-1600 1800-2130	1100-1600 1800-2130	1100-1600 1800-2130	1100-1930	1100-1930
Recreational Swim (1 Lap Lane in)	1300-1600 1800-2130	1300-1600 1800-2130	1300-1600 1800-2130	1300-1600 1800-2130	1300-1600 1800-2130	1100-1800	1100-1800

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OCT 3, OCT 17, OCT 31, NOV 14, NOV 28, DEC 12, JAN 9, JAN 23, FEB 6, FEB 20, MAR 6, MAR 20, APR 3, APR 17, MAY 1, MAY 15, MAY 29

Nelson Pool Schedule

Effective September 4th, 2018

719-526-3107

Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Lap Swim (No Groups)	0530-0630	0530-0700	0530-0630	0530-0700	0530-0630		
Pregnancy PT	0630-0800		0630-0800		0630-0800		
Physical Therapy EACH		0700-0900 1330-1530		0700-0900 1330-1530			
Warrior Transition Unit (FEB-NOV)	0800-0900						
Senior Lap Swim (55+ and Active Duty)			0800-0900		0800-0900		
Morning Water Aerobics		0900-1000	0900-1000	0900-1000	0900-1000		
Lap Swim	0900-1330	1000-1330	1000-1330	1000-1330	1000-1330		
Swim Lessons		1630-1800		1630-1800			

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OCT 3, OCT 17, OCT 31, NOV 14, NOV 28, DEC 12, JAN 9, JAN 23, FEB 6, FEB 20, MAR 6, MAR 20, APR 3, APR 17, MAY 1, MAY 15, MAY 29

***** The Nelson Pool is closed on all Federal Holidays and open 0530-1400 on Training Holidays*****