

Nelson Pool 719-526-3107

WINTER SCHEDULE VALID September 2017 - May 2018

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		0700-0900			
		1330-1530		1330-1530			
Morning Water Aerobics		0900-1000	0800-0900	0900-1000	0800-0900		
Warrior Transition Batallion	0800-0900		1330-1430				
Senior Lap Swim (55+ and active duty)	0900-1000		0900-1000		0900-1000		
Lap Swim	1000-1330	1000-1330	1000-1330	1000-1330	1000-1330		
Swim Lessons	1330-1630	1530-1730	1430-1630	1530-1730	1330-1630		
Evening Water Aerobics		1730-1830		1730-1830			
Swim Team	1630-2000		1630-2000		1630-2000		

IN-SERVICE 1230-1330

Every Other Thursday starting September 7, 2017

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

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