

SUMMER SCHEDULE

IRON HORSE POOL 719-526-4093

Effective May 25, 2019- September 2, 2019

In-Service Training for Lifeguards is Every Other Wednesday beginning 29 May 2019. All Pools on Post will be CLOSED from 0830-1000. Dates are listed at the bottom.

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		
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		
Classes	AQUA ZUMBA 1100-1200					SUP YOGA 0915-1000	
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

OUTDOOR POOL 719-526-4456

Open May 25, 2019- September 2, 2019

In-Service Training for Lifeguards is Every Other Wednesday beginning 29 May 2019. All Pools on Post will be CLOSED from 0830-1000. Dates are listed at the bottom

Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Classes					AQUA ZUMBA 0900-1000		
Lap Swim	0900-1000	0900-1000	0900-1000	0900-1000	0900-1000	0900-1000	0900-1000
Recreational Swim	1000-1700	1000-1700	1000-1700	1000-1700	1000-1700	1000-1700	1000-1700
Private Pool Parties	Email jacob.d.goulette.naf@mail.mil						

Limited lap swim during class times at Iron Horse Pool and Ellis Outdoor Pool

In-Service Training Dates: June 12 & June 26, July 10 & July 24, August 7 & August 21

Ellis Outdoor Pool Address: 5954 Ellis St, Bldg 1232

Iron Horse Address: 6415 Specker Ave, Bldg 1926

Nelson Pool Schedule

Effective May 25, 2019- September 2, 2019

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		0700-0900			
		1330-1530		1330-1530			
Warrior Transition Unit	0800-0900		0800-0900		0800-0900		
Morning Water Aerobics	0900-1000		0900-1000		0900-1000		
Lap Swim	1000-1300	1030-1330	1000-1300	1030-1330	1000-1300		
Swim Lessons		0900-1030 1600-1730		0900-1030 1600-1730			

In-Service Training for Lifeguards is Every Other Wednesday beginning 29 May 2019. All Pools on Post will be CLOSED from 0830-1000

Limited lap swim during class times at Iron Horse Pool and Ellis Outdoor Pool

In-Service Training Dates: June 12 & June 26, July 10 & July 24, August 7 & August 21

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

Address: 1774 Nelson Blvd, Bldg 1446