



# WINTER SCHEDULE

## IVY POOL 719-526-4093

Effective September 3rd, 2019- May 22nd, 2020



**In-Service Training for Lifeguards is Every Other Wednesday beginning 3 September 2019. All Pools on Post will be**

Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early Bird Lap Swim</b> Capacity 40	0530-0630	0530-0630	0530-0630	0530-0630	0530-0630		
<b>Active Duty PT</b> Capacity 40 Soldiers	0630-0730	0630-0730 Reservation Only	0630-0730	0630-0730 Reservation Only	0630-0730		
<b>Military Training</b> Must Be Scheduled	0900-1100 Reservation Only	0900-1100 Reservation Only	0900-1100 Reservation Only	0900-1100 Reservation Only	0900-1100 Reservation Only		
<b>Classes</b>						SUP YOGA 0915-1000	
<b>Lap Swim</b>	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
<b>Family Pool</b>	0530-2130	0530-2130	0530-2130	0530-2130	0530-2130	0630-1930	0630-1930
<b>Diving Boards</b>	1100-1600 1800-2130	1100-1600 1800-2130	1100-1600 1800-2130	1100-1600 1800-2130	1100-1600 1800-2130	1100-1930	1100-1930
<b>Recreational Swim</b> (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
<b>Private Pool Parties</b>	Email: shannon.e.sanchez3.naf@mail.mil						

**In-Service Training Dates: Sept 4th & 18th, Oct 9th & 23rd, Nov 6th & 20th, Dec 4th & 18th, Jan 1st & 15th & 29th, Feb 5th & 19th, Mar 4th & 18th, Apr 1st & 15th & 29th**

**THE DIVING BOARD AREA IS RESTRICTED TO SCHEDULED DIVING BOARD USE, MILITARY TRAINING AND ORGANIZED PHYSICAL TRAINING**

Ivy Pool Address: 6415 Specker Ave, Bldg 1926

**Please visit [carson.armymwr.com](http://carson.armymwr.com) and like us on facebook at Mountain Post Recreation for information on upcoming events, closures and more!**



# WINTER SCHEDULE





## NELSON POOL 719-526-3107

Effective September 3rd, 2019- May 22nd, 2020



**In-Service Training for Lifeguards is Every Other Wednesday beginning 3 September 2019. All Pools on Post will be**

Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early Bird Lap Swim</b> Capacity 40 Soldiers	0530-0630	0530-0700	0530-0630	0530-0700	0530-0630		
<b>Pregnancy PT</b>	0630-0800		0630-0800		0630-0800		
<b>Physical Therapy</b> EACH		0700-0900 1330-1530		0700-0900 1330-1530			
<b>Warrior Transition Unit</b>	0800-0900		0800-0900		0800-0900		
<b>Morning Water Aerobics</b>	0900-1000		0900-1000		0900-1000		
<b>Functional Lap Swim</b> (4 lap lanes)	1000-1300	0900-1330	1000-1300	0900-1330	1000-1300		
<b>Swim Lessons</b>		1600-1730		1600-1730			

***In-Service Training Dates: Sept 4th & 18th, Oct 9th & 23rd, Nov 6th & 20th, Dec 4th & 18th, Jan 1st & 15th & 29th, Feb 5th & 19th, Mar 4th & 18th, Apr 1st & 15th & 29th***

***\*\*\* The Nelson Pool is closed on all Federal Holidays and open 0530-1300 on Training Holidays\*\*\****

Address: 1774 Nelson Blvd, Bldg 1446

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