



## **TRAIL WINDS RECREATION CENTER FALL POOL SCHEDULE**

**Effective November 14-December 18, 2021**

### **MONDAY**

5:30-9 a.m.	<b>ADULTS ONLY</b> Lap Lanes Available
9-10 a.m.	<b>ADULTS ONLY</b> <b>AQUA FITNESS (Lap Pool)</b> One Lap Lane Available
10 a.m.-1 p.m.	<b>MODIFIED OPEN</b> Lap Lanes Available No Slides
1-6 p.m.	<b>OPEN SWIM</b> No Lap Lanes Available Slides Open
6-7 p.m.	<b>MODIFIED OPEN</b> <b>AQUA ALL-IN</b> One Lap Lane Available Slides Open
7-8:30 p.m.	<b>MODIFIED OPEN</b> Lap Lanes Available Slides Open

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### **TUESDAY/THURSDAY**

5:30-8 a.m.	<b>ADULTS ONLY</b> Lap Lanes Available
8-9 a.m.	<b>ADULTS ONLY</b> <b>AQUA ZUMBA (Lap Pool)</b> No Lap Lanes Available
9-10 a.m.	<b>ADULTS ONLY</b> <b>AQUA FITNESS (Lap Pool)</b> One Lap Lane Available
9:15-11:15 a.m.	<b>SWIM LESSONS</b> No Slides
10 a.m.-4:30 p.m.	<b>MODIFIED OPEN</b> Lap Lanes Available No Slides
4:30-7 p.m.	<b>SWIM LESSONS</b> One Lap Lane Available Adults Only Lazy River and Hot Tub
7-8:30 p.m.	<b>MODIFIED OPEN</b> No Lap Lanes Available (Masters Swim Team) Slides Open

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### **WEDNESDAY**

5:30-8 a.m.	<b>ADULTS ONLY</b> Lap Lanes Available
8-9 a.m.	<b>ADULTS ONLY</b> <b>AQUA-BOOT CAMP (Lap Pool)</b> No Lap Lanes Available

### **WEDNESDAY continued**

9-10 a.m.	<b>ADULTS ONLY</b> <b>AQUA FITNESS (Lap Pool)</b> One Lap Lane Available
10 a.m.-2 p.m.	<b>MODIFIED OPEN</b> Lap Lanes Available No Slides
2-6 p.m.	<b>OPEN SWIM</b> Slides Open at 4:30 p.m.
6-7 p.m.	<b>MODIFIED OPEN</b> <b>AQUA ALL-IN</b> One Lap Lane Available Slides Open
7-8:30 p.m.	<b>MODIFIED OPEN</b> Lap Lanes Available Slides Open

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### **FRIDAY**

5:30-9 a.m.	<b>ADULTS ONLY</b> Lap Lanes Available
9-10 a.m.	<b>ADULTS ONLY</b> <b>AQUA FITNESS</b> One Lap Lane Available
10 a.m.-2 p.m.	<b>MODIFIED OPEN</b> Lap Lanes Available No Slides
2-8:30 p.m.	<b>OPEN SWIM</b> Slides Open at 4:30 p.m.

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### **SATURDAY**

8-9 a.m.	<b>ADULTS ONLY</b> Lap Lanes Available
9-10 a.m.	<b>ADULTS ONLY</b> <b>AQUA-ALL-IN (Lap Pool)</b> One Lap Lane Available
10 a.m.-12 p.m.	<b>MODIFIED OPEN</b> Lap Lanes Available No Slides
12-5:30 p.m.	<b>OPEN SWIM</b> Slides Open

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### **SUNDAY**

8-10 a.m.	<b>ADULTS ONLY</b> Lap Lanes Available
10 a.m.-12 p.m.	<b>MODIFIED OPEN</b> Lap Lanes Available No Slides
12-5:30 p.m.	<b>OPEN SWIM</b> Slides Open

## TRAIL WINDS RECREATION CENTER POOL AREA POLICIES

All swimmers must shower before entering the pool area.

Appropriate swim attire only.  
Inappropriate swim wear such as thongs and cut-off jeans will not be permitted.

Instructions of the life guards must be obeyed at all times.

Children five years and younger must be accompanied into the water by a parent or guardian, 14 years of age or older. Children ages six to eight years of age must be accompanied by someone 12 years or older.

For your safety and the safety of others, do not swim if you have a cold, diarrhea, excessive sunburn or unhealed abrasions.

No running, dunking or excessive horseplay.

No spins, flips or entering backwards from the side of the pool.

Diving is not allowed in water less than five feet deep.

No underwater breath holding at any time.

No inner tube stacking in the pool.

No hanging or sitting on life or lane lines in the pool.

Toys and flotation devices permitted at the discretion of the Pool Manager on duty.

No glass is allowed in the pool area or locker rooms.

No alcohol, tobacco, e-cigarettes or marijuana use is permitted in the facility.

## LAZY RIVER

Flotation tubes are required for individuals under the age of 18.

Children five and under must be in arms reach of an adult.

One person per inner tube.

No climbing on the islands.

No jumping from the deck into inner tubes.

**FAILURE TO FOLLOW THESE RULES CAN RESULT IN SERIOUS INJURY.**



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