

Pool	Weekdays				Weekends		Additional Programs Offered		
	Early Bird Lap Swim	Noon Lap Swim	Recreational Swim	Evening Lap Swim	Lap Swim	Recreational Swim	Water Exercise and Low Impact	Swim Lessons	Lifeguard Courses
Highland 256-2096 400 Jackson SE	6:00 – 8:00 AM	11:45 AM – 1:15 PM	6:00 – 8:00 PM	Lanes available from 6 – 8 pm	12:00 – 1:00 PM Lanes available from 1 – 4PM	1:00 PM – 4:00 PM			September 11 – 21 M,W,Th 3:30 – 8PM More classes will be scheduled
Los Altos 291-6290 10100 Lomas NE	6:00 – 9:00 AM		7:00 – 8:00 PM	6:00 – 7:00 PM Lanes available from 6 – 8 pm	11:00 – 12:00 PM Lanes available from 12 – 4PM	12:00 PM – 4:00 PM	Water Exercise 9:00 – 10:00 AM Mon – Friday	August 15 – 31 T, W, Th 5:15 – 5:45PM	
							Water Exercise 6:30 – 7:30 PM Mon – Thurs		
							Low Impact 10:00 – 11:00 AM Mon, Wed, Fri		
Sandia 291-6279 7801 Candelaria NE	6:00 – 8:00 AM		6:00 – 8:00 PM	Lanes available from 6 – 8 pm	11:00 – 1:00 PM Lanes available from 1 – 4PM	1:00 PM – 4:00 PM			Available in the Spring
Valley 761-4086 1505 Candelaria RD NW	6:00 – 8:00 AM		7:00 – 8:00 PM	6:00 – 7:00 PM	12:00- 1:00 PM Lanes available from 1 – 4PM	1:00 PM – 4:00 PM	Water Exercise 6:00 – 7:00 PM Mon, Wed, Thurs		Available in the Spring
West Mesa Aquatic Center 836-8718 6705 Fortuna RD NW	6:00 – 8:00 AM		6:00 – 8:00PM Olympic Pool 5:30 – 7:00PM Slide Pool	6:00 – 8:00 PM	12:00 – 1:00 PM Lanes available from 1 – 4PM	1:00 – 4:00 PM Olympic Pool 12:00 – 4:00PM Slide Pool	Water Exercise 9:00 – 10:00 AM Mon, Wed, Fri	October 3 – 26 T, Th 6:10 – 6:50PM	August 22 – 31 T, W, Th 3:30 – 8PM More classes will be scheduled
							Senior Water Therapy 10:00 – 11:00 am 12:00 – 1:00 pm		
							Water Exercise 7:00 – 8:00 PM Mon, Tue, Thurs		

Special Events – Friday Nights are \$0.25 for everyone at all pools! Giant inflatable icebergs, submarines, or teeter totters will be set up on special days at each pool! Birthday party discount rates are available. Indoor pools are available to book for private rentals. For more information about special events please call your local pool.