

Foothills Recreation & Aquatics Center

Lap Swim ~ June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>NOTES: "Water Walking" is available in the western most curve of the lazy river during most lap swim hours in the morning (5:30AM M-F; 7AM Sat) as well as the night (7PM Tu/Th). Afternoon lap swim (11AM) has swim lessons or staff trainings during lap swim so water walking is <u>NOT</u> available. Speak with a Glendale Lifeguard for lap swim, swim lesson, or aquatics questions that you may have. Be safe!</p> <p><i>The summer brings a change to lap swim hours due to swim lessons, summer swim team, rentals, public recreation swim, water aerobics, among other events. Lap swim hours return mid-August.</i></p>				<p>1 5:30A – 8:30A 11A – 1P 5:30P – 7:15P</p>	<p>2 5:30A – 8:30A 11A – 1P</p>	<p>3 7A-10A* <i>*Lane 6 will be closed 7-8:15AM</i></p>
<p>4 NO LAP SWIM ON SUNDAYS DURING THE SUMMER.</p>	<p>5 5:30A – 7:55A 11A – 12:50P* <i>*Up to 3 Lanes 11-11:30AM</i></p>	<p>6 5:30A – 7:55A* <i>*Lane 6 will be closed 7-8AM</i> 11A – 12:50P* <i>*Up to 3 Lanes 11-11:30AM</i> 7P-8:45P</p>	<p>7 5:30A – 7:55A 11A – 12:50P* <i>*Up to 3 Lanes 11-11:30AM</i></p>	<p>8 5:30A – 7:55A* <i>*Lane 6 will be closed 7-8AM</i> 11A – 12:50P* <i>*Up to 3 Lanes 11-11:30AM</i> 7P-8:45P</p>	<p>9 5:30A – 7:55A 11:50A – 12:50P</p>	<p>10 7A-10A* <i>*Lane 6 will be closed 7-8:15AM</i></p>
<p>11 NO LAP SWIM ON SUNDAYS DURING THE SUMMER.</p>	<p>12 5:30A – 7:55A 11A – 12:50P* <i>*Up to 3 Lanes 11-11:30AM</i></p>	<p>13 5:30A – 7:55A* <i>*Lane 6 will be closed 7-8AM</i> 11A – 12:50P* <i>*Up to 3 Lanes 11-11:30AM</i> 7P-8:45P</p>	<p>14 Flag Day 5:30A – 7:55A 11A – 12:50P* <i>*Up to 3 Lanes 11-11:30AM</i></p>	<p>15 5:30A – 7:55A* <i>*Lane 6 will be closed 7-8AM</i> 11A – 12:50P* <i>*Up to 3 Lanes 11-11:30AM</i> 7P-8:45P</p>	<p>16 5:30A – 7:55A 11:50A – 12:50P</p>	<p>17 7A-10A* <i>*Lane 6 will be closed 7-8:15AM</i></p>
<p>18 Father's Day NO LAP SWIM ON SUNDAYS DURING THE SUMMER.</p>	<p>19 5:30A – 7:55A 11A – 12:50P* <i>*Up to 3 Lanes 11-11:30AM</i></p>	<p>20 5:30A – 7:55A* <i>*Lane 6 will be closed 7-8AM</i> 11A – 12:50P* <i>*Up to 3 Lanes 11-11:30AM</i> 7P-8:45P</p>	<p>21 Summer Solstice 5:30A – 7:55A 11A – 12:50P* <i>*Up to 3 Lanes 11-11:30AM</i></p>	<p>22 5:30A – 7:55A* <i>*Lane 6 will be closed 7-8AM</i> 11A – 12:50P* <i>*Up to 3 Lanes 11-11:30AM</i> 7P-8:45P</p>	<p>23 5:30A – 7:55A 11:50A – 12:50P</p>	<p>24 7A-10A* <i>*Lane 6 will be closed 7-8:15AM</i></p>
<p>25 NO LAP SWIM ON SUNDAYS DURING THE SUMMER.</p>	<p>26 5:30A – 7:55A 11A – 12:50P* <i>*Up to 3 Lanes 11-11:30AM</i></p>	<p>27 5:30A – 7:55A* <i>*Lane 6 will be closed 7-8AM</i> 11A – 12:50P* <i>*Up to 3 Lanes 11-11:30AM</i> 7P-8:45P</p>	<p>28 5:30A – 7:55A 11A – 12:50P* <i>*Up to 3 Lanes 11-11:30AM</i></p>	<p>29 5:30A – 7:55A* <i>*Lane 6 will be closed 7-8AM</i> 11A – 12:50P* <i>*Up to 3 Lanes 11-11:30AM</i> 7P-8:45P</p>	<p>30 5:30A – 7:55A 11:50A – 12:50P</p>	

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Lap Swim ~ July 2017

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<p>2 NO LAP SWIM ON SUNDAYS DURING THE SUMMER.</p>	<p>3 5:30A – 7:55A 11A – 12:50P* <i>*Up to 3 Lanes 11-11:30AM</i></p>	<p>4 Independence Day <u><i>FRAC Hours 7A-5P</i></u> 7A – 9A 11A – 12:50P</p>	<p>5 5:30A – 7:55A 11A – 12:50P* <i>*Up to 3 Lanes 11-11:30AM</i></p>	<p>6 5:30A – 7:55A* <i>*Lane 6 will be closed 7-8AM</i> 11A – 12:50P* <i>*Up to 3 Lanes 11-11:30AM</i> 7P-8:45P</p>	<p>7 5:30A – 7:55A 11:50A – 12:50P</p>	<p>8 7A-10A* <i>*Lane 6 will be closed 7-8:15AM</i></p>
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<p>30 Int'l. Friendship Day NO LAP SWIM ON SUNDAYS DURING THE SUMMER.</p>	<p>31 5:30A – 7:55A 11A – 12:50P* <i>*Up to 3 Lanes 11-11:30AM</i></p>	<p>NOTES: "Water Walking" is available in the western most curve of the lazy river during most lap swim hours in the morning (5:30AM M-F; 7AM Sat) as well as the night (7PM Tu/Th). Afternoon lap swim (11AM) has swim lessons or staff trainings during lap swim so water walking is <u>NOT</u> available.</p> <p style="text-align: center;">FOOTHILLS IS OPEN 7AM – 5PM ON 4TH OF JULY!!!!</p>				