



Pool Schedule Fall/Winter 2026

Schedule is subject to change. Please check the website for the most up-to-date information.

Carbon Valley Recreation Center
 701 5th Street, Frederick CO 80530

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Hours & Heated Amenities Adults only M-F 5:30am-1pm	5:30am-8:30pm	5:30am-8:30pm	5:30am-8:30pm	5:30am-8:30pm	5:30am-8:30pm	7:30am-4:30pm	10am-4:30pm
Adult Exercise Drop in the activity pool & river (*not available during scheduled fitness programs)	5:30-10am	5:30-10am	5:30-10am	5:30-10am	5:30-10am	7:30-8:30am	
Lap Swim Ages 16+, Lane sharing required	5:30am-1pm & 4-8:30pm	5:30am-4:30pm & 7-8:30pm	5:30am-1pm & 4-8:30pm	5:30am-4:30pm & 7-8:30pm	5:30am-1pm & 4-8:30pm	7:30-8:30am & 11am-4:30pm	10am-4:30pm
Open Swim All ages welcome Check website for additional info.	1-8:30pm (Activity pool only 1-4pm)	1-4:15pm	1-8:30pm (Activity pool only 1-4pm)	1-4:15pm	1-8:30pm (Activity pool only 1-4pm)	11am-4:30pm	10am-4:30pm
Water Slide Must be 48+ inches tall to ride	4-8:30pm		4-8:30pm		4-8:30pm	11am-4:30pm	11am-4:30pm
Sensory Swim*	*Sensory swim is a drop-in activity with no amenities, no water features, and no music.						10am-11am

Pool Closures: 8/24-8/30, 9/7 (6am-12:30pm), 11/26, 12/24 (6am-12:30pm), 12/25, 12/31 (6am-12:30pm), 1/1

"No School" Days: Open Swim starts at 11 am (slide opens at 1 pm): 8/17, 9/7, 10/16, 10/19, 11/23-27, 12/21-12/31

Youth Swim Lessons: Tu/Th 4:30-7pm, Sat 8:30-11am.

For additional information about programs, birthday parties, or questions about pool rules, please call the aquatic office at 303-833-3660 or visit our website at cvprd.com/aquatics.

Aqua Fitness Class Schedule

Water shoes are recommended for all river classes

Updated 7.22.26

Adult Fitness (Ages 16+)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daytime Classes 7-10:30 am	River Circuit 8-9 am Katy	River Strength 7-8 am Ginger	Aqua Tone 8-9 am Aleta	River Strength 7-8 am Ginger	River Circuit 7:45-8:30 am Jackie	Boga Yoga Cancelled for the summer, restarts 9/12
	Deep Water Aqua Tone 9:15-10 am Katy	Deep Water Aqua Tone 8:15-9:15 am Laura	River Strength 9:15-10 am Aleta	Deep Water Aqua Tone 8:15-9:15 am Laura	Aqua Tabata 9-10 am Ginger	Aqua Tone 8:45-9:45 am Ginger/Laura
		Aqua Tabata 9:30-10:30 am Jackie		Aqua Tabata 9:30-10:30 am Jackie		
Evening Classes 5:30-6:30 pm	Aqua Tabata 5:30-6:30 pm Ginger		Aqua Tone 5:30-6:30 pm Jenn			

Please check in with Guest Services to pick up your participation number card and to sign up for SMS text alerts.

Swim Lessons

Youth Swimming Lessons*

Tu/Th
4:30-7 pm

Saturday
8:30-11 am

***Registration
Required for all
Swim Lessons**

All adult fitness classes are first come, first served and require a number card from the front desk. Classes are included with all memberships and drop-in admission. Classes are subject to change or be cancelled without notice. See full class descriptions on cvprd.com/aqua-fitness.

