

Swim to Unparalleled Heights in Los Alamos

Visitors to Los Alamos can immerse themselves in unparalleled high-altitude aquatic training at one of the nation's most unique swimming pools.

Located at an elevation of 7,240 feet, Los Alamos' Larry R. Walkup Aquatic Center is North America's highest altitude, public, indoor 50-meter Olympic size natatorium. It's no wonder that the Walkup Aquatic Center has hosted national and international swim teams hailing from Japan and New Zealand to Missouri and Maryland for high-altitude training programs.



Photo by Gary Warren

The versatile facility features a movable bulkhead that allows for quick changeovers from 50-meter long course lanes to 25-yard and 25-meter short course lanes, where swimmers of all abilities can train harmoniously six days a week in the 82.5 to 83.5 degree waters. Just a weeks' training in Los Alamos can make nearly anyone feel as though they're "atomic powered" when they return to lower elevations!

But the Larry R. Walkup Aquatic Center is not exclusively geared to the competitive swimming crowd. The pool is a family-friendly environment where kids of all ages can splash around with inflatable "floaties," dive into a game of water basketball or join friends for Marco Polo and other water games.

During the center's Wacky Wednesdays, youngsters challenge themselves on "Treasure Island"—a colorful, inflatable obstacle course and pirate's playground that features near-life-sized, air-filled palm trees, treasure chests and an exciting slide into the waters below. Once a month, the pool features Warm Water Weekends, when the warmth of the main pool is increased to near-tropical temperatures to entice youngsters and families. During the early evenings on regularly scheduled Freaky Fridays, teens at the Walkup

Aquatic Center enjoy Dive-In movies at the pool, where Hollywood hits and wholesome social activities make a command performance.

In a community with an eye for fitness and healthy lifestyles, the Larry R. Walkup Aquatic Center would not be complete without a luxurious and spacious Therapy Pool.

With its 94 to 96 degree waters, the 20-foot-by-40-foot Therapy Pool provides a soothing cure for sore muscles, or serves as a comfortable place for warm-water rehabilitation, therapy and geriatric exercise. The Therapy Pool is conveniently located next to the Aquatic Center's family-designed unisex locker and changing room.

Fast Facts: Larry R. Walkup Aquatic Center

Events: (complete event info at visit.losalamos.com)

Warm Water Weekends monthly

Open Boating Tuesdays

Contacts: Larry R. Walkup Aquatic Center, 505-662-8170;

Los Alamos Meeting & Visitor Bureau,

mvb@losalamos.org, or 505-662-8105

Lodging/Packages: Call Los Alamos Meeting &

Visitor Bureau at 1-800-444-0707 or on the web at

visit.losalamos.com

As the largest body of clean, open water in Los Alamos, the Larry R. Walkup Aquatic Center also is home to a number of aquatic-based

organizations and is used by kayakers, SCUBA divers, water polo teams and youth and master's swimming teams. The pool hosts swimming lessons, water fitness classes, lifeguard training and water-safety instruction courses.

The Larry R. Walkup Aquatic Center is conveniently located near downtown Los Alamos and is within walking distance of popular hotels and community landmarks. The natatorium is situated near local wilderness trailheads, which makes cross training on foot or by bike an easy part of any serious athlete's training regimen. For information on pool hours and special events, call the Larry R. Walkup Aquatic Center at 505-662-8170