

Lap & Fitness Swim Schedule

Schedule Effective August 16-September 5

Most lap swimming occurs in the Olympic pool. Some times are available in the warmer water indoor pool. Kickboards, pull buoys and swim fins are available for use. **Sharing lanes is expected.** Lanes are designated by speed so choose a lane appropriate to your speed. Circle swimming counterclockwise is required whenever more than one person is in a lane. Water running is available in the slow lanes during all lap swim times.

Olympic Pool Water Temp 80-81 degrees ▪ Indoor Pool Water Temp 85-86 degrees

Olympic 25m - Lanes running half the length of the Olympic pool.

Olympic 50m - Lanes running full length of the Olympic pool.

Indoor 25m - Lanes in the warmer water of the indoor pool.

25 Meter Distance

1/4 Mile = 16 Lengths

1/2 Mile = 32 Lengths

1 Mile = 64 Lengths

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 6:00 am	Indoor-25m 6 lanes Olympic-25m 8 lanes	Indoor-25m 6 lanes Olympic-25m 8 lanes	Indoor-25m 6 lanes Olympic-25m 8 lanes	Indoor-25m 6 lanes Olympic-25m 8 lanes	Indoor-25m 6 lanes Olympic-25m 8 lanes		
6:00 - 6:55 am	Indoor-25m 2 lanes Olympic-25m 8 lanes	Indoor-25m 2 lanes Olympic-25m 8 lanes	Indoor-25m 2 lanes Olympic-25m 8 lanes	Indoor-25m 2 lanes Olympic-25m 8 lanes	Indoor-25m 2 lanes Olympic-25m 8 lanes		
7:00 - 8:15 am	Olympic-25m 8 lanes	Olympic-25m 8 lanes	Olympic-25m 8 lanes	Olympic-25m 8 lanes	Olympic-25m 8 lanes	8:00-9:00 am Olympic-50m 8 lanes	9:00 - 10:30 am Olympic-50m 4 lanes
8:15 - 11:15 am	Olympic-25m 4-8 lanes	Olympic-25m 4-8 lanes	Olympic-25m 4-8 lanes	Olympic-25m 4-8 lanes	Olympic-25m 4-8 lanes	9:15-10:30 am Indoor-25m 2 lanes	
11:15 am - 1:00 pm	Olympic-25m 8 lanes	Olympic-25m 8 lanes	Olympic-25m 8 lanes	Olympic-25m 8 lanes	Olympic-25m 8 lanes	9:00-10:30 am Olympic-50m 2 lanes	9:15 - 10:30 am Indoor-25m 2 lanes
1:00 - 4:00 pm	Olympic-25m 5-8 lanes	Olympic-25m 5-8 lanes	Olympic-25m 5-8 lanes	Olympic-25m 5-8 lanes	Olympic-25m 5-8 lanes	10:30-6:00 pm Olympic-50m 5 lanes	10:30 am - 6:00 pm Olympic-50m 5 lanes
4:00 - 6:00 pm	Olympic-25m 8 lanes	Olympic-25m 8 lanes	Olympic-25m 8 lanes	Olympic-25m 8 lanes	Olympic-25m 8 lanes		
6:00 - 7:30 pm	Olympic-25m 4 lanes	Olympic-25m 4 lanes	Olympic-25m 4 lanes	Olympic-25m 4 lanes	Olympic-25m 3 lanes		
7:30 - 8:30 pm	Olympic-25m 4 lanes	Olympic-25m 4 lanes	Olympic-25m 4 lanes	Olympic-25m 4 lanes			

Olympic outdoor pool will be closed beginning September 6 for maintenance. The pool will re-open as early as September 20 and no later than September 25. Lap swim lanes will be available in the indoor pool during most regular hours. Schedules for this period are available at the front desk.