

# Juniper Swim & Fitness Center

# Lap Swim Schedule

## Schedule Effective December 1 - 21, 2025

Lap swimming occurs in the Olympic pool or Indoor pool see below for details. Kickboards, pull buoys and swim fins are available for use. Sharing lanes and circle swimming counterclockwise is expected. Lanes are designated by speed so choose a lane appropriate to your speed. Water running is available in the slow lanes during all lap swim times.

Minimum number of lanes listed.

**Please note schedule changes due to Holidays and other events:**

December 20 Swim Meet See online schedule for details

December 24 Facility Close @ 1:00 pm

December 25 Facility Closed

### 25 meter Distance

1/4 Mile = 16 lengths

1/2 Mile = 32 lengths

### Olympic Pool Lap Swim

### Olympic 25 m

### Water temp 80-81

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:30-8:00 am</u> 25m 5 lanes	<u>5:30-10:15 am</u> 25m 8 lanes	<u>5:30-8:00 am</u> 25m 5 lanes	<u>5:30-10:15 am</u> 25m 8 lanes	<u>5:30-8:00 am</u> 25m 5 lanes	<u>8:00am</u> - <u>6:00pm</u> 25m 8 lanes	<u>8:00am</u> - <u>6:00pm</u> 25m 8 lanes
<u>8:00am -11:45 am</u> 25m 12 lanes	<u>10:15 am -1:30pm</u> 25m 12 lanes	<u>8:00am -11:45 am</u> 25m 12 lanes	<u>10:15 am -1:30pm</u> 25m 12 lanes	<u>8:00am -11:45 am</u> 25m 12 lanes		
<u>11:45 am- 3:00 pm</u> 25m 8 lanes	<u>1:30-3:00 pm</u> 25m 8 lanes	<u>11:45 am-2:30 pm</u> 25m 8 lanes	<u>1:30-3:00 pm</u> 25m 8 lanes	<u>11:45 am- 3:00 pm</u> 25m 8 lanes		
<u>3:00-6:30pm</u> 25m 8 lanes	<u>3:00-5:30pm</u> 25m 8 lanes	<u>2:30-6:30pm</u> 25m 8 lanes	<u>3:00-5:30pm</u> 25m 8 lanes	<u>4:00-6:30pm</u> 25m 8 lanes		
<u>6:30-8:00 pm</u> 25m 8 lanes	<u>5:30-8:00 pm</u> 25m 6 lanes	<u>6:30-8:00 pm</u> 25m 8 lanes	<u>5:30-8:00 pm</u> 25m 6 lanes	<u>6:30-7:30 pm</u> 25m 8 lanes		

### Indoor Pool Lap Swim

### Indoor 25 m

### Water temp 83-84

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:30-7:00 am</u> 2 lanes	<u>5:30-7:00am</u> 2 lanes	<u>5:30-7:00 am</u> 2 lanes	<u>5:30-7:00am</u> 2 lanes	<u>5:30-7:00 am</u> 2 lanes		<u>8:00 am - 12:55 pm</u> 3 lanes Workout on own 3 lanes <u>4:15-6:00pm</u> 3 lanes Workout on own 3 lanes
<u>8:15-10:15 am</u> 2 lanes Workout on own 2 lanes	<u>7:00-8:30 am</u> 2 lanes Workout on own 2 lanes	<u>8:15-10:15 am</u> 2 lanes Workout on own 2 lanes	<u>7:00-8:30 am</u> 2 lanes Workout on own 2 lanes	<u>8:15-10:15 am</u> 2 lanes Workout on own 2 lanes		
<u>11:30am -1:30pm</u> 2 lanes Workout on own 2 lanes	<u>8:00am-10:30am</u> 2 lanes <u>10:30-12:30</u> 2 lanes & 2 WO*	<u>11:30am -1:30pm</u> 2 lanes Workout on own 2 lanes	<u>8:00am-11:30am</u> 2 lanes	<u>11:30am -1:00pm</u> 2 lanes Workout on own 2 lanes		
<u>1:30pm - 4:00 pm</u> 2 lanes Workout on own 2 lanes	<u>12:30-1:30pm</u> 2 lanes <u>1:30-4:00 pm</u> 2 lanes & 2 WO*		<u>12:30-1:30pm</u> 2 lanes <u>1:30-4:00 pm</u> 2 lanes & 2 WO*	<u>1:00-4:15 pm</u> 2 lanes Workout on own 2 lanes		
<u>7:30-9:00 pm</u> 2 lanes Workout on own 2 lanes	<u>8:00-9:00 pm</u> 2 lanes Workout on own 2 lanes	<u>6:30-9:00pm</u> 2 lanes Workout on own 2 lanes	<u>8:00-9:00 pm</u> 2 lanes Workout on own 2 lanes			

WO\* Workout on own space available

# Larkspur Community Center "Home of the Bend Senior Center"

## Schedule Effective December 1 - 21, 2025

Lap swim occurs in the Lifestyle pool. Kickboards, pull buoys and swim fins are available for use.

**Sharing lanes and circle swimming counterclockwise is expected.** Lanes are designated by speed so choose a lane appropriate to your speed. Water running is available in the slow lanes during all lap swim times.

Current channel available for workout on own—

explore the benefits of walking in the water with or against the current.

December 24 Facility Close @ 1:00 pm

December 25 Facility Closed

### 25 yard Distance

1/4 Mile = 16 Lengths

1/2 Mile = 34 Lengths

1 Mile = 70 Lengths

### Larkspur Pool Lap Swim

### Lifestyle Pool 25y

### Water temp 86-87

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00-6:55am</b> Current channel workout on own 3 lanes	<b>6:00-6:55 am</b> Current channel workout on own 3 lanes	<b>6:00 -6:55am</b> Current channel workout on own 3 lanes	<b>6:00-6:55 am</b> Current channel workout on own 3 lanes	<b>6:00-7:55am</b> Current channel workout on own 3 lanes		
<b>7:00-7:55am</b> 3 lanes	<b>7:00-7:55am</b> Current channel workout on own	<b>7:00-7:55am</b> 3 lanes	<b>7:00-7:55am</b> Current channel workout on own			
<b>8:00 - 8:55 am</b> Current Channel workout on own	<b>8:00 - 8:55 am</b> Current Channel workout on own	<b>8:00 - 8:55 am</b> Current Channel workout on own	<b>8:00 - 8:55 am</b> Current Channel workout on own	<b>8:00 - 8:55 am</b> Current Channel workout on own	<b>8:00 - 8:55 am</b> Current Channel workout on own	<b>9:00 - 9:55 am</b> Current channel workout on own 3 lanes
<b>9:00 - 9:55 am</b> 3 lanes	<b>9:00 - 9:30 am</b> workout on own Lap lanes	<b>9:00 - 9:55 am</b> 3 lanes	<b>9:00 - 9:30 am</b> workout on own Lap lanes	<b>9:00 - 9:55 am</b> 3 lanes	<b>8:00 - 9:55am</b> 3 lanes	
<b>10:00 - 11:55 am</b> Current Channel workout on own	<b>11:00 - 11:50am</b> Current channel workout on own	<b>10:00 - 11:55 am</b> Current Channel workout on own	<b>11:00 - 11:50am</b> Current channel workout on own	<b>10:00 - 11:55 am</b> Current Channel workout on own	<b>10:00 am- 12:15 pm</b> Current channel workout on own	
<b>12:00 - 12:55 pm</b> 3 lanes	<b>12:00 - 12:55 pm</b> 3 lanes	<b>12:00 - 12:55 pm</b> 3 lanes	<b>12:00 - 12:55 pm</b> 3 lanes	<b>12:00 - 12:55 pm</b> 3 lanes	<b>11:00 am- 12:10pm</b> 3 lanes	<b>12:15 - 2:00 pm</b> Current channel workout on own 3 lanes
<b>1:00 - 1:55 pm</b> Current Channel workout on own	<b>1:00 - 1:55 pm</b> Current Channel workout on own	<b>1:00 - 1:55 pm</b> Current Channel workout on own	<b>1:00 - 1:55 pm</b> Current Channel workout on own	<b>1:00 - 1:55 pm</b> Current Channel workout on own		
<b>2:00 - 6:30 pm</b> Current Channel workout on own	<b>3:00 - 5:30 pm</b> Current Channel workout on own	<b>2:00 - 6:30 pm</b> Current Channel workout on own	<b>3:00 - 5:30 pm</b> Current Channel workout on own	<b>2:00 - 4:10 pm</b> Current channel workout on own 3 lanes		
<b>3:00 - 4:15 pm</b> 3 lanes	<b>2:00 - 4:15 pm</b> 3 lanes	<b>3:00 - 4:15 pm</b> 3 lanes	<b>2:00 - 4:15 pm</b> 3 lanes	<b>6:45 - 8:00pm</b> 3 lanes Current channel workout on own		