Juniper Swim & Fitness Center — Lap Swim Schedule

Schedule Effective November 1- 22, 2026

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 when 3 or more swimmers are in a lane. 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:

25 meter Distance
1/4 Mile = 16 lengths
1/2 Mile = 32 lengths
1 Mile = 64 lengths

Olympic Pool Lap Swim — Olympic 25 m — Water temp 80-81

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:00 am 25m 5 lanes	**5:30-8:00 am** 25m 6 lanes	**5:30-8:00 am** 25m 5 lanes	**5:30-8:00 am** 25m 6 lanes	**5:30-8:00 am** 25m 5 lanes	**8:00am - 10:30am** 25m 8 lanes	**8:00am - 10:30am** 25m 8 lanes
8:00-10:30 am 25m 12 lanes	**8:00 -10:30 am** 25m 8 lanes	**8:00-10:30 am** 25m 12 lanes	**8:00 -10:30 am** 25m 8 lanes	**8:00-10:30 am** 25m 12 lanes	**10:30am - 1:30pm** 25m 12 lanes	**10:30am - 1:30pm** 25m 12 lanes
10:30 -11:45 am 25m 12 lanes	**10:30 am-3:00 pm** 25m 12 lanes	**10:30 -11:45 am** 25m 12 lanes	**10:30 am -1:30pm** 25m 12 lanes	**10:30 -11:45 am** 25m 12 lanes	**1:30-6:30 pm** 25m 8 lanes	**1:30-6:30 pm** 25m 8 lanes
11:45am -5:30 pm 25m 8 lanes	**3:00-5:30 pm** 25m 8 lanes	**11:45am -5:30 pm** 25m 8 lanes	**1:30-5:30 pm** 25m 8 lanes	**11:45am -5:30 pm** 25m 8 lanes		
5:30-8:00pm 25m 8 lanes	**5:30-8:00pm** 25m 6 lanes	**5:30-8:00pm** 25m 8 lanes	**5:30-8:00pm** 25m 6 lanes	**5:30-7:30pm** 25m 8 lanes		

Indoor Pool Lap Swim — Indoor 25 m — Water temp 83-84

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:00 am 2 lanes	**5:30-7:00am** 2 lanes WO 2 lanes	**5:30-7:00 am** 2 lanes	**5:30-7:00am** 2 lanes WO 2 lanes	**5:30-7:00 am** 2 lanes		
8:15-10:15 am 2 lanes lap WO 2 lanes	**7:00-8:30 am** 2 lanes	**8:15-9:15 am** 2 lanes **9:15-10:15** 2 lanes & 2 WO	**7:00-8:30 am** 2 lanes	**8:15-10:15 am** 2 lanes WO 2 lanes		**8:00 am -** **12:55 pm** 2 lanes WO 2 lanes
11:30am -1:30pm 2 lanes lap WO 2 lanes	**8:00am-10:30am** 2 lanes lap	**11:30am -1:30pm** 2 lanes WO 2 lanes	**8:00am-11:30am** 2 lanes lap	**11:30am -1:00pm** **2** lanes WO 2 lanes		**4:15-6:00pm** 2 lanes WO 2 lanes
1:30pm - 4:00 pm 2 lanes lap WO 2 lanes	**10:30am-12:30pm** 2 lanes & 2 WO **12:30-3:00 pm** 2 lanes & 2 WO		**12:30-1:30pm** 2 lanes lap **1:30-3:00 pm** 2 lanes & 2 WO	**1:00-4:15 pm** 2 lanes WO 2 lanes		
8:00-9:00 pm 2 lanes WO 2 lanes	**8:00-9:00 pm** 2 lanes WO 2 lanes	**7:30-9:00pm** 2 lanes WO 2 lanes	**8:00-9:00 pm** 2 lanes WO 2 lanes			

WO* Workout on own space available

Larkspur Community Center
"Home of the Bend Senior Center"

Lap Swim Schedule

Schedule Effective November 1 - 22, 2026

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.
CC-WO- Current channel available for workout on own

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
6:00-6:55am CC - WO 3 lanes	6:00-6:55 am CC - WO 3 lanes	6:00-6:55am CC - WO 3 lanes	6:00-6:55 am CC - WO 3 lanes	6:00-7:55am CC-WO 3 lanes		
7:00-7:55am 3 lanes	7:00-7:55am CC - WO	7:00-7:55am 3 lanes	7:00-7:55am CC - WO			
8:00 - 8:55 am CC-WO	8:00 - 8:55 am CC-WO	8:00 - 8:55 am CC-WO	8:00 - 8:55 am CC-WO	8:00 - 8:55 am CC-WO	8:00 - 8:55 am CC-WO	9:00 - 9:55 am CC - WO 3 lanes
9:00 - 9:55 am 3 lanes	9:00 - 9:30 am WO Lap Lanes	9:00 - 9:55 am 3 lanes	9:00 - 9:30 am WO Lap Lanes	9:00 - 9:55 am 3 lanes	8:00 - 9:55am 3 lanes	
10:00 - 11:55 am CC-WO	11:00 - 11:55am CC-WO	10:00 - 11:55 am CC-WO	11:00 - 11:55am CC-WO	10:00 - 11:55am CC-WO	10:00am-12:15pm CC-WO	
12:00 - 12:55 pm 3 lanes	12:00 - 12:55 pm 3 lanes	12:00 - 12:55 pm 3 lanes	12:00 - 12:55 pm 3 lanes	12:00 - 12:55 pm 3 lanes	11:00 am- 12:10 pm 3 lanes	12:15 - 2:00 pm CC-WO 3 lanes
1:00 - 1:55 pm CC-WO	1:00 - 1:55 pm CC-WO	1:00 - 1:55 pm CC-WO	1:00 - 1:55 pm CC-WO	1:00 - 1:55 pm CC-WO		
2:00 - 6:30 pm CC-WO	3:00 - 5:30 pm CC-WO	2:00 - 6:30 pm CC-WO	3:00 - 5:30 pm CC-WO	2:00 - 4:10 pm CC-WO 3 lanes		
3:00 - 4:15 pm 3 lanes	2:00 - 4:15 pm 3 lanes	3:00 - 4:15 pm 3 lanes	2:00 - 4:15 pm 3 lanes	6:45 - 8:00pm 3 lanes CC-WO		

CC- WO Current Channel Workout on Own- Current channel available for workout on own explore the benefits of walking in the water with or against the current