

# Juniper Swim & Fitness Center

# Lap Swim Schedule

## Schedule Effective June 21—August 1

Most lap swimming occurs in the Olympic 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 82-83 degrees*

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

**Olympic 50m** - Lanes running full length of the Olympic 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
5:30 am-6:30 am	Olympic -25m 12 lanes	Olympic -25m 16 lanes	Olympic -25m 12 lanes	Olympic -25m 16 lanes	Olympic -25m 12 lanes	8:00-9:00 am Olympic-50m 8 lanes  9:00am-4:00pm Olympic-50m 4 lanes  4:00 pm-6:00pm Olympic-50m 8 lanes	8:00 am 1:00 pm Olympic-50m 8 lanes
6:30-8:30 am	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes		Move Bulkhead 1:00-1:30pm
8:30 am-11:30 am	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes		1:30-4:00pm Olympic-25m 8 lanes
11:30am-1:30pm	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes		
1:30-2:30pm	Olympic -25m 5 lanes	Olympic -25m 5 lanes	Olympic -25m 5 lanes	Olympic -25m 5 lanes	Olympic -25m 5 lanes		
2:30-4:30pm	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Schedule change: June 25 3 lanes 25m 1:00-4:00pm	
4:30-5:30pm	Olympic -25m 12 lanes	Olympic -25m 8 lanes	Olympic -25m 12 lanes	Olympic -25m 8 lanes			
5:30-6:30pm	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes			
6:30-8:30pm	Olympic -25m 3 lanes	Olympic -25m 3 lanes	Olympic -25m 3 lanes	Olympic -25m 3 lanes			

### Please note schedule changes due to swim meets and holidays

Saturday, June 25th High school swim meet- lap swim modified 1:00-4:00 pm

Sunday, July 4th Lap Swim 11:00- 4:00 pm Olympic Pool

August 13-15 Swim Meet schedule modified TBA



# Larkspur Community

## Center

*“Home of the  
Bend Senior Center”*

# Lap Swim Schedule

## Schedule Effective June 21-August 1

Lap swim occurs in the Lifestyle 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.

Current channel available for workout on own– explore the benefits of walking in the water with or against the current.

*Larkspur pool temp 86-87 degrees*

**25 yard Distance**

1/4 Mile = 16 Lengths

1/2 Mile = 34 Lengths

1 Mile = 70 Lengths

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:00-8:00 am</b>	Current channel workout on own	4 lanes 25 yards Current channel workout on own	Current channel workout on own	4 lanes 25 yards Current channel workout on own	Current channel workout on own	8:00 -9:00 am Current Channel workout on own
<b>9:00-10:00 am</b>	4 lanes 25 yards	4 lanes 25 yards	4 lanes 25 yards	4 lanes 25 yards	4 lanes 25 yards	
<b>11:00am-12:00pm</b>	Current channel workout on own	Current channel workout on own	Current channel workout on own	Current channel workout on own	Current channel workout on own	
<b>12:00-1:30pm</b>	4 lanes 25 yards	4 lanes 25 yards	4 lanes 25 yards	4 lanes 25 yards	4 lanes 25 yards	
<b>12:50-1:30pm</b>	Current channel workout on own	<b>12:50-1:15</b> Current channel workout on own	Current channel workout on own	<b>12:50-1:15</b> Current channel workout on own	Current channel workout on own	
<b>3:30-5:00pm</b>	4 lanes 25 yards Current channel workout on own		4 lanes 25 yards Current channel workout on own		4 lanes 25 yards Current channel workout on own	

