

Lap Swim Schedule Juniper Swim & Fitness Center

Schedule Effective May 2 – June 16, 2022

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

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

Special events/holidays occurring lanes may be modified

May 14-15, May 20-22, May 30, June 5

Olympic Pool Lap Swim

Olympic 25 m or 50 m

Water temp 80-81

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-6:30am	Olympic -25m 8 lanes	Olympic -50m 8 lanes	Olympic -25m 8 lanes	Olympic -50m 8 lanes	Olympic -25m 8 lanes	8:00am-9:00am Olympic-50m 6 lanes 9:00am-10:30 am Olympic-50m 2 lanes 10:30 am-6:00pm Olympic-50m 8 lanes	8:00am-9:00am Olympic-50m 8 lanes 9:00 am - 10:30 am Olympic-50m 4 lanes 10:30 am - 4:00 pm Olympic-50m 6 lanes
6:30-8:30am	Olympic -25m 8 lanes	Olympic -50m 6 lanes	Olympic -25m 8 lanes	Olympic -50m 4 lanes	Olympic -25m 8 lanes		
8:30 am-9:15 am	Olympic -25m 8 lanes	Olympic -50m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes		
9:15 am 10:30am	Olympic -25m 8 lanes	Olympic -50m 4 lanes	Olympic -25m 8 lanes	Olympic -50m 4 lanes	Olympic -25m 8 lanes		
10:30 am 11:45am	Olympic -25m 8 lanes	Olympic -50m 8 lanes	Olympic -25m 8 lanes	Olympic -50m 8 lanes	Olympic -25m 8 lanes		
11:45 am 1:00 pm	Olympic -25m 8 lanes	Olympic -50m 4 lanes Move Bulkhead 1:00-1:30pm	Olympic -25m 8 lanes	Olympic -50m 4 lanes Move Bulkhead 1:00-1:30pm	Olympic -25m 8 lanes		
1:00 pm -5:30 pm	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes		
5:30 pm -7:00 pm	Olympic -25m 5 lanes	Olympic -25m 8 lanes	Olympic -25m 5 lanes	Olympic -25m 3 lanes	Olympic -25m 5 lanes		
7:30 pm -8:30 pm	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes			

Indoor Pool Lap Swim

Indoor 25 m

Water temp 83-84

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	6:00-7:15 am Indoor -25m 2 lanes 8:15-9:25 Indoor 25 m 3 lanes	10:30am-1:00pm Indoor -25m 4 lanes Workout on own 2 lanes	6:00-7:15 am Indoor -25m 2 lanes 8:15-10:15 Indoor 25 m 3 lanes	10:30am-1:00pm Indoor -25m 4 lanes Workout on own 2 lanes	6:00-7:15 am Indoor -25m 2 lanes 8:15-9:25 Indoor 25 m 3 lanes		8:00 am-11:00 am Indoor -25m 4 lanes Workout on own 2 lanes 11:00 am-1:00 pm Indoor-25m 2 lanes 4:15-5:45 pm Indoor -25m 4 lanes Workout on own 2 lanes
Midday	11:30 am-3:00 pm Indoor -25m 3 lanes Workout on own 3 lanes	1:00-2:00 pm Indoor -25m 2 lanes 2:00-3:00 pm Indoor -25m 3 lanes Workout on own 3 lanes	11:30am-1:30 pm Indoor -25m 3 lanes Workout on own 3 lanes	1:00-2:00 pm Indoor -25m 2 lanes 2:00-3:00 pm Indoor -25m 3 lanes Workout on own 3 lanes	11:30 am-3:00 pm Indoor -25m 3 lanes Workout on own 3 lanes		
Evening	6:30-7:30 pm Indoor -25m 3 lanes Workout on own 3 lanes	6:30-7:30 pm Indoor -25m 4 lanes	6:30-7:30 pm Indoor -25m 3 lanes Workout on own 3 lanes	6:30-7:30 pm Indoor -25m 4 lanes	6:30-7:30 pm Indoor -25m 4 lanes		

Larkspur Community Center

"Home of the Bend Senior Center"

Lap Swim Schedule

Schedule Effective May 2– June 16, 2022

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.

Special events/holidays occurring lanes may be modified

Monday, May 30

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
6:00 am - 6:55am	Current channel workout on own 6:00-7:55 4 lanes 25y	Current channel workout on own 4 lanes 25y	Current channel workout on own 6:00-7:55 4 lanes 25y	Current channel workout on own 4 lanes 25y	6:00-7:55 Current channel workout on own 4 lanes 25y	8:00-8:55 Current Channel workout on own
8:00 am- 8:55 am	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	Current channel workout on own
9:00 am - 9:55 am	4 lanes 25 y	4 lanes 25 y	4 lanes 25 y	4 lanes 25 y	4 lanes 25 y	9:15-12:15 4 lanes 25 y
10:00 am 10:55 am	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	10am-12:15pm Current Channel workout on own
11:00 am 11:55 am	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	
12:00 pm 12:55 pm	4 lanes 25 y	4 lanes 25 y	4 lanes 25 y	4 lanes 25 y	4 lanes 25 y	2:15-3:55 pm Current Channel workout on own
1:00 pm - 1:50 pm	Current channel workout on own	Current channel workout on own 2 lanes 25 y	Current channel workout on own	Current channel workout on own 2 lanes 25 y	Current channel workout on own	
4:00pm- 6:00pm	4:15-6:45 2 lanes 25 y	Current channel workout on own	4:15-6:45 2 lanes 25 y	Current channel workout on own		
6:15 pm- 8:00 pm		2 lanes 25 y		2 lanes 25 y		



Updated 4/28/2022