

# Lap Swim Schedule Juniper Swim & Fitness Center

## Schedule Effective June 17– August 12

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 80-81 degrees* ▪ *Indoor Pool Water Temp 84-85 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
<b>5:30 am-6:55 am</b>	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	<b>8:00am-9:00 am</b> Olympic-50m 8 lanes	<b>8:00 am – 9:00 am</b> Olympic-50m 8 lanes
<b>6:00 am-8:00 am</b>	<b>6:00 7:00am</b> Indoor -25m 2 Lanes	Indoor -25m 4 Lanes	<b>6:00-7:00am</b> Indoor -25m 2 Lanes	Indoor -25m 4 Lanes	<b>6:00-7:00am</b> Indoor -25m 2 Lanes	<b>9:00am-10:30 am</b> Olympic-50m 3 lanes	<b>8:00 am-12:55 pm</b> Indoor-25m 4 lanes
<b>7:00 am-10:30 am</b>	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes <b>8:15-10:30 am</b> Indoor 25 m 3 lanes	<b>10:30 am-1:00pm</b> Indoor -25m 4 lanes Olympic- 50m 8 lanes	<b>9:00 am – 10:30 am</b> Olympic-50m 3 lanes
<b>10:30 am – 11:15 am</b>	Olympic -25m 4 lanes	Olympic -25m 8 lanes	Olympic -25m 4 lanes	Olympic -25m 8 lanes	Olympic -25m 4 lanes	<b>1:00 pm-4:00pm</b> Olympic-50m 4 lanes	<b>10:30 am – 1:00pm</b> Olympic-50m 8 lanes
<b>11:15 am-1:00 pm</b>	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	<b>4:00 pm-6:00pm</b> Olympic-50m 8 lanes	<b>1:30-6:00pm</b> Olympic-25m 8 lanes
<b>1:00 pm-2:30 pm</b>	Olympic -25m 4 lanes	Olympic -25m 4 lanes	Olympic -25m 4 lanes	Olympic -25m 4 lanes	Olympic -25m 4 lanes		Move Bulkhead 1:00-1:30pm
<b>2:30 pm - 4:00 pm</b>	Olympic -25m 8 lanes Move Bulkhead	Olympic -25m 8 lanes	Olympic -25m 8 lanes Move Bulkhead	Olympic -25m 8 lanes	Olympic -25m 8 lanes Move Bulkhead		
<b>4:15 pm-6:00 pm</b>	Olympic -50m 4 lanes	Olympic -25m 8 lanes	Olympic -50m 4 lanes	Olympic -25m 8 lanes	Olympic -50m 6 lanes <b>5:15-6:30 pm</b> Indoor 25 m 2 lanes		
<b>6:00 pm-8:00 pm</b>	Olympic -25m 8 lanes <b>6:30 -7:30 pm</b> Indoor 25 m 2 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes <b>6:30 -7:30 pm</b> Indoor 25 m 2 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes til 7:30 <b>6:30 -7:30 pm</b> Indoor 25 m 2 lanes		

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

Monday, July 4th

Lap Swim 12:00-4:30 pm Olympic Pool

Friday, August 12th

Bend Swim Club Swim Meet Olympic pool closes at 2:30 pm;

Saturday, August 13th

Bend Swim Club Swim Meet Olympic pool closed all day.

Sunday, August 14th

Bend Swim Club Swim Meet Olympic pool closed all day.

# Larkspur Community Center

*"Home of the Bend Senior Center"*

# Lap Swim Schedule

## Schedule Effective June 17– August 12

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

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>6:00 am - 7:55 am</b>	Current channel workout on own 4 lanes 25y	<u>6:00-6:40 am</u> Current channel workout on own 4 lanes 25y	Current channel workout on own 4 lanes 25y	<u>6:00-6:40 am</u> Current channel workout on own 4 lanes 25y	Current channel workout on own 4 lanes 25y	
<b>8:00 am- 8:55 am</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	Current channel workout on own
<b>9:00 am - 9:55 am</b>	4 lanes 25 y	4 lanes 25 y	4 lanes 25 y	4 lanes 25 y	4 lanes 25 y	<u>9:15-12:15</u> 4 lanes 25 y
<b>10:00 am 10:55 am</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	<u>10am-12:15pm</u> Current Channel workout on own
<b>11:00 am 11:55 am</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 pm 12:55 pm</b>	4 lanes 25 y	<u>12:00-1:45pm</u> 4 lanes 25 y	4 lanes 25 y	<u>12:00-1:45pm</u> 4 lanes 25 y	4 lanes 25 y	
<b>1:00 pm - 4:15 pm</b>	Current channel workout on own	Current channel workout on own until 5:30	Current channel workout on own	Current channel workout on own until 5:30	4 lanes 25 y Current channel workout on own	<u>2:15-3:55 pm</u> Current Channel workout on own
<b>4:15 pm- 5:55 pm</b>		4 lanes 25 y		4 lanes 25 y		<u>2:15-3:55pm</u> 4 lanes 25 y
<b>6:50 pm- 8:00 pm</b>	Current channel workout on own 4 lanes 25 y		Current channel workout on own 4 lanes 25 y		Current channel workout on own 4 lanes 25 y	



Updated 6/29/22