

Juniper Swim & Fitness Center Lap Swim Schedule

Schedule Effective November 19– 27

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:

November 19 High Desert Classic 12:00-4:00 pm—No Olympic pool lap swim

November 24 8:00 am– 12:00 pm

25 Meter Distance

1/4 Mile = 16 Lengths

1/2 Mile = 32 Lengths

1 Mile = 64 Lengths

Olympic Pool Lap Swim

Olympic 25m

Water temp 80-81

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am-7:00 am	Olympic -25m 6 lanes	Olympic -25m 8 lanes	Olympic -25m 6 lanes		Olympic -25m 6 lanes	8:00am - 6:00 pm Olympic-25m 8 lanes	8:00 am - 6:00 pm Olympic-25m 8 lanes
7:00 am-8:00 am	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes		Olympic -25m 8 lanes		
8:00 am-11:45 am	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes		
11:45am-1:00 pm	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes		Olympic -25m 8 lanes		
1:00 pm-4:00 pm	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes		Olympic -25m 8 lanes		
4:00 pm-8:00 pm	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes		4:00-7:30 pm Olympic -25m 8 lanes		

Indoor Pool Lap Swim

Indoor 25 m

Water temp 83-84

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am - 7:15am	Indoor -25m 2 lanes	Indoor -25m 2 lanes	Indoor -25m 2 lanes		Indoor -25m 2 lanes	10:00 am - 1:00 pm Indoor-25m 4 lanes Workout on own 2 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
8:15 am - 10:15am	Indoor -25m 3 lanes Workout on own 25 m 3 lanes		Indoor -25m 3 lanes Workout on own 25 m 3 lanes		Indoor -25m 3 lanes Workout on own 25 m 3 lanes		
11:30am - 1:00 pm	Indoor -25m 3 lanes Workout on own 25 m 3 lanes	10:30am-1:00pm Indoor -25m 4 lanes Workout on own 25 m 2 lanes	Indoor -25m 3 lanes Workout on own 25m 3 lanes	10:30am-12:00pm Indoor -25m 4 lanes Workout on own 25 m 2 lanes	Indoor -25m 3 lanes Workout on own 25 m 3 lanes		
6:30-8:00 pm			Indoor -25m 3 lanes Workout on own 25 m 3 lanes		6:30-7:30 pm Indoor -25m 3 lanes Workout on own 25 m 3 lanes		

Larkspur Community Center

Lap Swim

Schedule Effective November 19-27

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.

25 yard Distance
 1/4 Mile = 16 Lengths
 1/2 Mile = 34 Lengths
 1 Mile = 70 Lengths

Please note schedule changes due to Holidays and other events:
 November 24 Closed

Larkspur Pool Lap Swim

Lifestyle Pool 25y

Water temp 86-87

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



Juniper Swim & Fitness Center Lap Swim Schedule

Schedule Effective November 28– Dec 16

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:

November 11 1:00– 3:00 pm Recreation Swim—No Indoor Lap Swim

November 19 High Desert Classic 12:00-4:00 pm—No Olympic pool lap swim

25 Meter Distance

1/4 Mile = 16 Lengths

1/2 Mile = 32 Lengths

1 Mile = 64 Lengths

Olympic Pool Lap Swim

Olympic 25m

Water temp 80-81

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am-7:00 am	Olympic -25m 6 lanes	Olympic -25m 8 lanes	Olympic -25m 6 lanes	Olympic -25m 8 lanes	Olympic -25m 6 lanes	8:00am — 6:00 pm Olympic- 25m 8 lanes	8:00 am — 6:00 pm Olympic- 25m 8 lanes
7:00 am-8:00 am	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes		
8:00 am-11:45 am	Olympic -25m 12 lanes	Olympic -25m 8 lanes	Olympic -25m 12 lanes	Olympic -25m 8 lanes	Olympic -25m 12 lanes		
11:45am-1:00 pm	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes		
1:00 pm-4:00 pm	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes		
4:00 pm-8:00 pm	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	Olympic -25m 8 lanes	4:00-7:30 pm Olympic -25m 8 lanes		

Indoor Pool Lap Swim

Indoor 25 m

Water temp 83-84

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am - 7:15am	Indoor -25m 2 lanes	Indoor -25m 2 lanes	Indoor -25m 2 lanes	Indoor -25m 2 lanes	Indoor -25m 2 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- 6:00 pm Indoor-25m 3 lanes Workout on own 3 lanes
8:15 am - 10:15am	Indoor -25m 3 lanes		Indoor -25m 3 lanes		Indoor -25m 2 lanes		
11:30am - 1:00 pm	Indoor -25m 3 lanes Workout on own 25 m 3 lanes	10:30am- 1:00pm Indoor -25m 4 lanes Workout on own 25 m 2 lanes	11:30 am- 12:30pm Indoor -25m 3 lanes Workout on own 25 m 3 lanes	10:30am- 1:00pm Indoor -25m 4 lanes Workout on own 25 m 2 lanes	Indoor -25m 3 lanes Workout on own 25 m 3 lanes		
1:00-3:00pm	Indoor -25m 3 lanes Workout on own 25 m 3 lanes	Indoor -25m 2 lanes Workout on own 25 m 3 lanes	6:30-8:00 pm Indoor -25m 3 lanes Workout on own 25 m 3 lanes	Indoor -25m 2 lanes Workout on own 25 m 3 lanes	Indoor -25m 3 lanes Workout on own 25 m 3 lanes		

Larkspur Community Center

Lap Swim

Schedule Effective November 28– December 6

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.

25 yard Distance
 1/4 Mile = 16 Lengths
 1/2 Mile = 34 Lengths
 1 Mile = 70 Lengths

Please note schedule changes due to Holidays and other events:

Larkspur Pool Lap Swim

Lifestyle Pool 25y

Water temp 86-87

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am - 6:55 am	Current channel workout on own 6:00-7:55 am 4 lanes 25y	Current channel workout on own 4 lanes 25y	Current channel workout on own 6:00-7:55 am 4 lanes 25y	Current channel workout on own 4 lanes 25y	Current channel workout on own 6:00-7:55 am 4 lanes 25y	
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	9:15-12:15 4 lanes 25 y
10:00 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	10am-12:15pm 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	
1:00 pm - 1:55pm	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	2:15-3:55 pm Current Channel workout on own
2:00 pm - 3:55 pm	2:00-4:30 pm 4 lanes 25 y Current channel workout on own	Current channel workout on own	2:00-4:30 pm 4 lanes 25 y Current channel workout on own	Current channel workout on own	2:00-4:15 pm 4 lanes 25 y Current channel workout on own	
4:00-pm- 5:30 pm	Current channel workout on own til 6:15 pm	Current channel workout on own	Current channel workout on own til 6:15 pm	Current channel workout on own	6:50-8:00 pm 4 lanes 25 y Current Channel	

