

Juniper Swim & Fitness Center

Lap Swim Schedule

June 17 - 23, 2024

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:

June 22- 23 Sun Country Swim Meet

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

Olympic Pool Lap Swim		Olympic 25 m or 50 m		Water temp 80-81		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:30-8:00 am</u> 25m 6 lanes	<u>5:30-10:30 am</u> 50m 4 lanes	<u>5:30-8:00 am</u> 25m 6 lanes	<u>5:30-10:30 am</u> 25 m 4 lanes	<u>5:30-8:00 am</u> 25m 6 lanes		
<u>8:00am -1:00 pm</u> 25m 8 lanes	<u>10:30am -1:00 pm</u> 50m 8 lanes	<u>8:00am -1:00 pm</u> 25m 8 lanes	<u>10:30am -1:00 pm</u> 25 m 8 lanes	<u>8:00am -1:00 pm</u> 25m 8 lanes	<u>8:00am -9:00 am</u> 50m 8 lanes	Closed for Swim Meet
<u>1:00-4:00 pm</u> 25m 8 lanes	<u>1:30-4:00 pm</u> 25m 8 lanes	<u>1:00-4:00 pm</u> 25m 8 lanes	<u>1:30-4:00 pm</u> 25m 4 lanes	<u>1:00-4:00 pm</u> 25m 8 lanes	<u>9:00-10:30am</u> 50 m 2 lanes	
<u>4:00-6:30pm</u> 25m 8 lanes	<u>4:00-5:30pm</u> 25m 8 lanes	<u>4:15-6:30pm</u> 50 m 4 lanes	<u>4:00-5:30pm</u> 25m 8 lanes	<u>4:15-6:30pm</u> 50 m 4 lanes	<u>10:30 am-2:30pm</u> 50 m 6 lanes	<u>1:30-6:00 pm</u> 25m 8 lanes
<u>6:30-8:00 pm</u> 25m 8 lanes	<u>5:30-8:00 pm</u> 25m 6 lanes	<u>6:30-8:00 pm</u> 25m 8 lanes	<u>5:30-8:00 pm</u> 25m 8 lanes	<u>6:30-7:30 pm</u> 50 m 8 lanes	Closed for Swim Meet	

Indoor Pool Lap Swim		Indoor 25 m		Water temp 83-84		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:30-7:15 am</u> 2 lanes	<u>5:30-8:15 am</u> 3 lanes	<u>5:30-7:15 am</u> 2 lanes	<u>5:30-8:15 am</u> 3 lanes	<u>5:30-7:15 am</u> 2 lanes		
<u>8:15-10:15 am</u> 3 lanes Workout on own 3 lanes	<u>8:15-10:15 am</u> 3 lanes Workout on own 3 lanes	<u>8:15-10:15 am</u> 3 lanes Workout on own 3 lanes		<u>8:15-10:15 am</u> 3 lanes Workout on own 3 lanes		
<u>11:30-4:00 pm</u> 3 lanes Workout on own 3 lanes	<u>10:30am -4:00pm</u> 3 lanes Workout on own 2 lanes	<u>11:30am -12:55pm</u> 3 lanes Workout on own 3 lanes	<u>11:30am -12:55pm</u> 3 lanes Workout on own 3 lanes	<u>11:30am -12:55pm</u> 3 lanes Workout on own 3 lanes	<u>10:15 am - 1:00pm</u> 3 lanes Workout on own 3 lanes	<u>8:00am - 10:15 am</u> 3 lanes Workout on own 3 lanes
<u>4:00 - 5:15 pm</u> 3 lanes Workout on own 2 lanes		<u>4:15 - 5:15 pm</u> 3 lanes Workout on own 2 lanes	<u>4:15 - 6:30 pm</u> 3 lanes Workout on own 2 lanes	<u>6:45-7:30pm</u> 3 lanes Workout on own 3 lanes		

Larkspur Community Center

"Home of the Bend Senior Center"

Lap Swim Schedule

Schedule Effective June 17 - 23, 2024

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.

Please note schedule changes due to Holidays and other events:

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

Larkspur Pool Lap Swim

Lifestyle Pool 25y

Water temp 86-87

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