Carbon Valley Parks and Recreation District

Lap Pool Schedule - March 19-25

CARBON VALLEY PARKS & RECREATION DISTRICT

Lap Pool

Lane number	Sunday 1	2	3	4	5	6	Monday 1	2	3	4	5	6	Tuesday 1	2	3	4	5	6	Wednesday 1	2	3	4	5	6	Thursday 1	2	3	4	5	6	Friday 1	2	3	4	5	6	Saturday 1	2	3	4	5	6	Lane number
5:30 - 6 am	Pool open 10 am - 4:30 pm						Lap swim			Adult water walking			Lap swim			Adult water walking			Lap swim			Adult water walking			Lap swim			Adult water walking			Lap swim			Adult water walking			Pool open 7:30 am - 4:30 pm						5:30 - 6 am
6 - 6:30 am																																										6 - 6:30 am
6:30 - 7 am																																										6:30 - 7 am
7 - 7:30 am																																										7 - 7:30 am
7:30 - 8 am																																					Lap Swim			BOGA Fit			7:30 - 8 am
8 - 8:30 am									Aqua Tone						Deep Water Aqua Tone						Aqua Tone						Deep Water Aqua Tone															8 - 8:30 am
8:30 - 9 am																																			Swim Lessons			Aqua Boot Camp			8:30 - 9 am
9 - 9:30 am										BOGA Fit											Adult water walking						Water walking															9 - 9:30 am
9:30 - 10 am																																										9:30 - 10 am
10 - 10:30 am	Swim team			Diving board/ Climbing wall					Diving board/ Climbing wall								Diving board/ Climbing wall								Diving board/ Climbing wall														Lap Swim			Swim lessons	10 - 10:30 am
10:30 - 11 am																																										10:30 - 11 am
11 - 11:30 am																																										11 - 11:30 am
11:30 - noon																																										11:30 - noon
12 - 12:30 pm	Lap Swim			Diving board/ Climbing wall			Lap swim						Lap swim			Diving board/ Climbing wall			Lap swim						Lap swim			Diving board/ Climbing wall			Lap swim			Diving board/ Climbing wall			Lap Swim			Diving board/ Climbing wall	12 - 12:30 pm
12:30 - 1 pm																																										12:30 - 1 pm
1 - 1:30 pm																																										1 - 1:30 pm
1:30 - 2 pm																																										1:30 - 2 pm
2 - 2:30 pm																																										2 - 2:30 pm
2:30 - 3 pm																																										2:30 - 3 pm
3 - 3:30 pm																																										3 - 3:30 pm
3:30 - 4 pm																																										3:30 - 4 pm
4 - 4:30 pm																																										4 - 4:30 pm
4:30 - 5 pm	Pool open 10 am - 4:30 pm																																										4:30 - 5 pm
5 - 5:30 pm																																										5 - 5:30 pm
5:30 - 6 pm									Aqua Boot Camp												Aqua Tone																					5:30 - 6 pm
6 - 6:30 pm																																										6 - 6:30 pm
6:30 - 7 pm									Diving Board/ Climbing wall												Diving Board/ Climbing wall																					6:30 - 7 pm
7 - 7:30 pm																																										7 - 7:30 pm
7:30 - 8 pm																																										7:30 - 8 pm
8 - 8:30 pm																																										8 - 8:30 pm
8:30 - 9 pm							Pool open 5:30 am - 8:30 pm Monday - Friday																																				8:30 - 9 pm

- Our goal is to always have at least one lap lane available for use at all time, but there are some times where that is not possible due to programming and user groups
- There is no open swim during our group swim lesson times
- The hot tub and steam room are open to guests age 9 and up all day
- This schedule is subject to change without notice

Color Code Key	
Lap Swim	Fitness classes
Adult water walking	Swim lessons
Diving Board/Climbing Wall	Swim team/group