

Carbon Valley Parks and Recreation District

Lap Pool Schedule - May 14-20, 2023



		Sunday						Monday						Tuesday						Wednesday						Thursday						Friday						Saturday													
Lane number		1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	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				Pool open 7:30 am - 4:30 pm						5:30 - 6 am													
6 - 6:30 am								Lap swim		Adult water walking				Lap swim		Adult water walking				Lap swim		Adult water walking				Lap swim		Adult water walking										6 - 6:30 am													
6:30 - 7 am								Lap swim		Adult water walking				Lap swim		Adult water walking				Lap swim		Adult water walking				Lap swim		Adult water walking										6:30 - 7 am													
7 - 7:30 am								Lap swim		Adult water walking				Lap swim		Adult water walking				Lap swim		Adult water walking				Lap swim		Adult water walking										7 - 7:30 am													
7:30 - 8 am								Lap swim		Adult water walking				Lap swim		Adult water walking				Lap swim		Adult water walking				Lap swim		Adult water walking										7:30 - 8 am													
8 - 8:30 am								Lap swim		Adult water walking				Lap swim		Adult water walking				Lap swim		Adult water walking				Lap swim		Adult water walking										8 - 8:30 am													
8:30 - 9 am		Lap swim		Adult water walking				Lap swim		Adult water walking				Lap swim		Adult water walking				Lap swim		Adult water walking				8:30 - 9 am																									
9 - 9:30 am		Lap swim		Adult water walking				Lap swim		Adult water walking				Lap swim		Adult water walking				Lap swim		Adult water walking				9 - 9:30 am																									
9:30 - 10 am		Lap swim		Adult water walking				Lap swim		Adult water walking				Lap swim		Adult water walking				Lap swim		Adult water walking				9:30 - 10 am																									
10 - 10:30 am		Swim team		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				10 - 10:30 am																									
10:30 - 11 am		Swim team		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				10:30 - 11 am																									
11 - 11:30 am		Swim team		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				11 - 11:30 am																									
11:30 - noon		Swim team		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				11:30 - noon																									
12 - 12:30 pm		Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				12 - 12:30 pm																									
12:30 - 1 pm		Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				12:30 - 1 pm																									
1 - 1:30 pm		Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				1 - 1:30 pm																									
1:30 - 2 pm		Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				1:30 - 2 pm																									
2 - 2:30 pm		Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				2 - 2:30 pm																									
2:30 - 3 pm		Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				2:30 - 3 pm																									
3 - 3:30 pm		Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				3 - 3:30 pm																									
3:30 - 4 pm		Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				3:30 - 4 pm																									
4 - 4:30 pm		Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				4 - 4:30 pm																									
4:30 - 5 pm		Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				4:30 - 5 pm																									
5 - 5:30 pm		Swim team		Open Swim				Swim team		Aqua Boot Camp				Swim team		Aqua Tone				Swim team		Open Swim				5 - 5:30 pm																									
5:30 - 6 pm		Swim team		Open Swim				Swim team		Aqua Boot Camp				Swim team		Aqua Tone				Swim team		Open Swim				5:30 - 6 pm																									
6 - 6:30 pm		Swim team		Open Swim				Swim team		Aqua Boot Camp				Swim team		Aqua Tone				Swim team		Open Swim				6 - 6:30 pm																									
6:30 - 7 pm		Swim team		Open Swim				Swim team		Aqua Boot Camp				Swim team		Aqua Tone				Swim team		Open Swim				6:30 - 7 pm																									
7 - 7:30 pm		Swim team		Open Swim				Swim team		Aqua Boot Camp				Swim team		Aqua Tone				Swim team		Open Swim				7 - 7:30 pm																									
7:30 - 8 pm		Swim team		Open Swim				Swim team		Aqua Boot Camp				Swim team		Aqua Tone				Swim team		Open Swim				7:30 - 8 pm																									
8 - 8:30 pm		Swim team		Open Swim				Swim team		Aqua Boot Camp				Swim team		Aqua Tone				Swim team		Open Swim				8 - 8:30 pm																									
8:30 - 9 pm		Swim team		Open Swim				Swim team		Aqua Boot Camp				Swim team		Aqua Tone				Swim team		Open Swim				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
- The diving board will be open during evening aqua fitness on Mon/Wed evening
- This schedule is subject to change without notice

Color Code Key	
Lap Swim	Fitness classes
Adult water walking	Swim lessons
Open Swim*	Swim team/group

*Diving board will be open if 3+ lap lanes are available for open swim