

Carbon Valley Parks and Recreation District

Lap Pool Schedule - May 28 - June 3, 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						Pool open 7 am - 2:30 pm Memorial Day						Lap swim						Lap swim						Lap swim						Pool open 7:30 am - 4:30 pm						5:30 - 6 am													
6 - 6:30 am														Lap swim												Swim Team												Lap swim						Swim Team						6 - 6:30 am	
6:30 - 7 am								Lap swim												Adult water walking						Lap swim												Lap swim						6:30 - 7 am							
7 - 7:30 am														Lap swim						Deep Water Aqua Tone						Lap swim												Lap swim						7 - 7:30 am							
7:30 - 8 am								Lap swim												SilverSneakers® Splash						Aqua Tone												Water walking						7:30 - 8 am							
8 - 8:30 am														Lap swim						Open Swim						Adult water walking												Deep Water Aqua Tone						8 - 8:30 am							
8:30 - 9 am		Lap swim						Open Swim												Lap swim						SilverSneakers® Splash						8:30 - 9 am																			
9 - 9:30 am								Lap swim						Open Swim						Lap swim						Lap swim						Lap swim						9 - 9:30 am													
9:30 - 10 am		Lap swim												Open Swim						Lap swim						Lap swim						Lap swim						9:30 - 10 am													
10 - 10:30 am								Lap swim						Open Swim						Lap swim						Lap swim						Lap swim						10 - 10:30 am													
10:30 - 11 am		Lap swim												Open Swim						Lap swim						Lap swim						Lap swim						10:30 - 11 am													
11 - 11:30 am								Lap swim						Open Swim						Lap swim						Lap swim						Lap swim						11 - 11:30 am													
11:30 - noon		Lap swim												Open Swim						Lap swim						Lap swim						Lap swim						11:30 - noon													
12 - 12:30 pm								Lap swim						Open Swim						Lap swim						Lap swim						Lap swim						12 - 12:30 pm													
12:30 - 1 pm		Lap swim												Open Swim						Lap swim						Lap swim						Lap swim						12:30 - 1 pm													
1 - 1:30 pm								Lap swim						Open Swim						Lap swim						Lap swim						Lap swim						1 - 1:30 pm													
1:30 - 2 pm		Lap swim												Open Swim						Lap swim						Lap swim						Lap swim						1:30 - 2 pm													
2 - 2:30 pm								Lap swim						Open Swim						Lap swim						Lap swim						Lap swim						2 - 2:30 pm													
2:30 - 3 pm		Lap swim												Open Swim						Lap swim						Lap swim						Lap swim						2:30 - 3 pm													
3 - 3:30 pm								Lap swim						Open Swim						Lap swim						Lap swim						Lap swim						3 - 3:30 pm													
3:30 - 4 pm		Lap swim												Open Swim						Lap swim						Lap swim						Lap swim						3:30 - 4 pm													
4 - 4:30 pm								Lap swim						Open Swim						Lap swim						Lap swim						Lap swim						4 - 4:30 pm													
4:30 - 5 pm		Lap swim												Open Swim						Lap swim						Lap swim						Lap swim						4:30 - 5 pm													
5 - 5:30 pm								Lap swim						Open Swim						Lap swim						Lap swim						Lap swim						5 - 5:30 pm													
5:30 - 6 pm		Lap swim												Open Swim						Lap swim						Lap swim						Lap swim						5:30 - 6 pm													
6 - 6:30 pm								Lap swim						Open Swim						Lap swim						Lap swim						Lap swim						6 - 6:30 pm													
6:30 - 7 pm		Lap swim												Open Swim						Lap swim						Lap swim						Lap swim						6:30 - 7 pm													
7 - 7:30 pm								Lap swim						Open Swim						Lap swim						Lap swim						Lap swim						7 - 7:30 pm													
7:30 - 8 pm		Lap swim												Open Swim						Lap swim						Lap swim						Lap swim						7:30 - 8 pm													
8 - 8:30 pm								Lap swim						Open Swim						Lap swim						Lap swim						Lap swim						8 - 8:30 pm													
8:30 - 9 pm		Lap swim												Open Swim						Lap swim						Lap swim						Lap 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