

Carbon Valley Parks and Recreation District
Lap Pool Schedule - August 6 - September 2, 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 Open Swim						Aqua Tone		Deep Water Aqua Tone				Aqua Tone		Deep Water Aqua Tone				Aqua Tone		Deep Water Aqua Tone				Lap Swim		BOGA Fit				8 - 8:30 am																			
8:30 - 9 am								Aqua Tone		Deep Water Aqua Tone				Aqua Tone		Deep Water Aqua Tone				Aqua Tone		Deep Water Aqua Tone				Lap Swim		BOGA Fit				8:30 - 9 am																			
9 - 9:30 am								Aqua Tone		Deep Water Aqua Tone				Aqua Tone		Deep Water Aqua Tone				Aqua Tone		Deep Water Aqua Tone				Lap Swim		BOGA Fit				9 - 9:30 am																			
9:30 - 10 am								Aqua Tone		Deep Water Aqua Tone				Aqua Tone		Deep Water Aqua Tone				Aqua Tone		Deep Water Aqua Tone				Lap Swim		BOGA Fit				9:30 - 10 am																			
10 - 10:30 am								Aqua Tone		Deep Water Aqua Tone				Aqua Tone		Deep Water Aqua Tone				Aqua Tone		Deep Water Aqua Tone				Lap Swim		BOGA Fit				10 - 10:30 am																			
10:30 - 11 am		Lap Swim Open Swim						BOGA Fit		Aqua Tabata				Adult Water Walking		Aqua Tabata				Lap swim		Open Swim				Lap swim		Open Swim				10:30 - 11 am																			
11 - 11:30 am								BOGA Fit		Aqua Tabata				Adult Water Walking		Aqua Tabata				Lap swim		Open Swim				Lap swim		Open Swim				11 - 11:30 am																			
11:30 - noon								BOGA Fit		Aqua Tabata				Adult Water Walking		Aqua Tabata				Lap swim		Open Swim				Lap swim		Open Swim				11:30 - noon																			
12 - 12:30 pm								BOGA Fit		Aqua Tabata				Adult Water Walking		Aqua Tabata				Lap swim		Open Swim				Lap swim		Open Swim				12 - 12:30 pm																			
12:30 - 1 pm								BOGA Fit		Aqua Tabata				Adult Water Walking		Aqua Tabata				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				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				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				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				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				Lap swim		Open Swim				3 - 3:30 pm													
3:30 - 4 pm		Pool open 10 am - 4:30 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				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				Lap swim		Open Swim				4:30 - 5 pm													
5 - 5:30 pm								Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				5 - 5:30 pm													
5:30 - 6 pm								Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				5:30 - 6 pm													
6 - 6:30 pm		Pool open 10 am - 4:30 pm						Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				6 - 6:30 pm																			
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7:30 - 8 pm								Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				Lap swim		Open Swim				7:30 - 8 pm													
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								Pool open 5:30 am - 8:30 pm Monday - Friday																																											

Lap Swim during swim lessons - If lessons or swim team are not taking up a lap lane during group swim lessons, adults are welcome to swim laps, but they may have to move or exit the lap lane if a lesson needs the lap lane

- 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 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