

Carbon Valley Parks and Recreation District
Lap Pool Schedule - September 17 - 30, 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	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						5:30 - 6 am																									
6 - 6:30 am																														Pool open 7:30 am - 4:30 pm						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																																																8 - 8:30 am													
8:30 - 9 am																																																8:30 - 9 am													
9 - 9:30 am									Deep Water Advanced							Deep Water Aqua Tone							Aqua Tone							Deep Water Aqua Tone												Swim lessons		Aqua Boot Camp				9 - 9:30 am													
9:30 - 10 am																Aqua Tabata							Adult Water Walking							Aqua Tabata																								9:30 - 10 am							
10 - 10:30 am		Lap Swim		Open Swim																																																								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																																																							12 - 12:30 pm						
12:30 - 1 pm																																																							12:30 - 1 pm						
1 - 1:30 pm	Lap Swim		Open Swim																																																				1 - 1:30 pm						
1:30 - 2 pm																																																							1:30 - 2 pm						
2 - 2:30 pm																																																							2 - 2:30 pm						
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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