

Carbon Valley Parks and Recreation District
Lap Pool Schedule - September 10 - 16, 2023



| | | Sunday | | | | | | Monday | | | | | | Tuesday | | | | | | Wednesday | | | | | | Thursday | | | | | | Friday | | | | | | Saturday | | | | | | | | | | | | | |
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| 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 | | 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 | | | | | | | | | | Swim lessons | | Aqua Boot Camp | | 8 - 8:30 am | | | | | | | | | | | |
| 8:30 - 9 am | | | | | | | | | | BOGA Fit | | | | | | Adult Water Walking | | | | | | Aqua Tabata | | | | | | | | | | | | 9 - 9:30 am | | | | | | | | | | | | | | | | | |
| 9 - 9:30 am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 9:30 - 10 am | | | | | | | | | | | | | | | | | |
| 9:30 - 10 am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 - 10:30 am | | Lap Swim | | Open Swim | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:30 - 11 am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11 - 11:30 am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:30 - noon | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12 - 12:30 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:30 - 1 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 - 1:30 pm | | Lap Swim | | Open Swim | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1:30 - 2 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 - 2:30 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2:30 - 3 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 - 3:30 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3:30 - 4 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 - 4:30 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4:30 - 5 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 - 5:30 pm | | Pool open 10 am - 4:30 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:30 - 6 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 - 6:30 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:30 - 7 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 - 7:30 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:30 - 8 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 - 8:30 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:30 - 9 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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