

Carbon Valley Parks and Recreation District
Lap Pool Schedule - September 3 - 9, 2023



		Lap Pool																																																
		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 10 am - 4:30 pm						Labor Day Pool Open 7a-2:30p						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	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														7:30 - 8 am																																				
8 - 8:30 am														8 - 8:30 am																																				
8:30 - 9 am														8:30 - 9 am																																				
9 - 9:30 am														9 - 9:30 am																																				
9:30 - 10 am														9:30 - 10 am																																				
10 - 10:30 am														Lap Swim	Open Swim	Lap swim	Open Swim	Lap swim	Open Swim	Lap swim	Open Swim	Lap swim	Open Swim	Lap swim	Open Swim							Lap swim	Open Swim	Lap swim	Open Swim	Lap swim	Open Swim	Lap swim	Open Swim	Lap Swim	BOGA Fit	7:30 - 8 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	1 - 1:30 pm																																																	
1:30 - 2 pm	1:30 - 2 pm																																																	
2 - 2:30 pm	2 - 2:30 pm																																																	
2:30 - 3 pm	2:30 - 3 pm																																																	
3 - 3:30 pm	3 - 3:30 pm																																																	
3:30 - 4 pm	3:30 - 4 pm																																																	
4 - 4:30 pm	4 - 4:30 pm																																																	
4:30 - 5 pm	4:30 - 5 pm																																																	
5 - 5:30 pm	5 - 5:30 pm																																																	
5:30 - 6 pm	5:30 - 6 pm																																																	
6 - 6:30 pm	6 - 6:30 pm																																																	
6:30 - 7 pm	6:30 - 7 pm																																																	
7 - 7:30 pm	7 - 7:30 pm																																																	
7:30 - 8 pm	7:30 - 8 pm																																																	
8 - 8:30 pm	8 - 8:30 pm																																																	
8:30 - 9 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