

Carmody Indoor Pool Schedule January 19-25

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 25 yard & 50 meter lanes	6:45-9 a 6x25 y 11 a-3 p 6x25y 3-5 p 1x25 y 7-8:30 p 6x25 y	5-6:30 a 1x50 m 7-9 a 6x25 y 9-11 a 3x25 y 11 a-3 p 6x25 y 3-5 p 1x25 y 7-8:30 p 6x25 y	6:45 a-3 p 6x25y 3-5 p 1x25 y	5-6:30 a 1x50 m 7 a-3 p 6x25 y 3-5 p 1x25 y 7-8:30 p 6x25 y	5 a-7:30 p 6x25 y	8 a-4:30 p 6x25 y	8 a-Noon 6x50 m 12:30-2:30 p 6x25 y 2:30-4 p 4x25 y
Lap Swim 50 foot lanes	5-11 a 5x50 ft. 11 a-3 p 3x50 ft. 3-8:30 p 5x50 ft.	7-11 a 5x50 ft. 11 a-3 p 3x50 ft. 3-8:30 p 5x50 ft.	5-6:30 a 5x50 ft. 6:45-3 p 3x50 ft. 3-5:30 p 5x50 ft. 5:30-8:30 p 3x50 ft.	7 a-3 p 3x50 ft. 3-8:30 p 5x50 ft.	5 a-7:30 p 3x50 ft.		12:30-4 p 5x50 ft. 4-4:30 p 4x50 ft.
Open Swim	1-5 p	1-5 p	1-5 p	1-5 p	1-7:30 p	11:30 a-4:30 p	12:30-4:30 p
Diving Boards	1-3:30 p All Boards	1-3:30 p All Boards	1-3:30 p All Boards	1-3:30 p All Boards	1-7:30 p All Boards	11:30 a-4:30 p All Boards	12:30-4:30 p All Boards
Water Walking <i>(shared with open swim)</i>	5 a-1 p	5-6:30 a (Long Course Area) 7 a-1 p	5 a-1 p	5-6:30 a (Long Course Area) 7 a-1 p	5 a -1 p	11:30 a-4 p (Shared w/ open swim)	12:30-4:30 p (Shared w/ open swim)
Aqua Fitness <i>(see front desk for specifics)</i>	8-9 a Shallow Area 9-10 a Dive Well 7-8 p Shallow Area	8-9 a Dive Well 9:15-10:15 a Shallow Area 7:15-8:15 p Shallow Area	8-9 a Shallow Area 9-10 a Dive Well	8-9 a Dive Well 9:15-10-:15 a Shallow Area 7:15-8:15 Shallow Area	8-9 a Shallow Area 9-10 a Dive Well		
Swimming Lessons	<u>Adult Lessons</u> 5:30-7 p Shallow Area	<u>Youth Lessons</u> 5-7 p Pool Area	<u>Adult Lessons</u> 5:30-7 p Shallow Area	<u>Youth Lessons</u> 5-7 p Pool Area		<u>Youth Lessons</u> 9-11:15 a Pool Area	
Masters		5-6:30 a 5x50m		5-6:30 a 5x50m			
Dive Teams	High School 3:30-5 p CARA 5:15-6:30 p Kent HS 6:30-8 p	High Schools 3:30-5 p	High School 3:30-5 p CARA 5:15-6:30 p	High Schools 3:30-5 p Kent HS 5:30-7 p	NO PRACTICES	High Schools 10-11:30 a	
Bear Creek HS	3-5 p 5x25 y	3-5 p 5x25 y	3-5 p 5x25 y	3-5 p 5x25 y	NO PRACTICE		
Foothills Swim Team	5-6:30 a 6x25 y 5-7 p 6x25 y	5-7 p 6x25 y	5-6:30 a 6x25 y 5-7 p 6x25 y	5-7 p 6x25 y	NO PRACTICE	NO PRACTICE	
Underwater Hockey			5:30-7 p 2x50 ft. 7-8:30 p 6x25 y; 1x50 ft.				2:30-4 p 2x25 y 4-5:30 p 6x25 y, 1x50 ft
Groups	<u>Stars Swim Team</u> 9-11 a 6x25 y	<u>Stars Swim Team</u> 9-11 a 3x25 y	<u>NSCD Kayaking</u> 7-8:15 p Shallow area				<u>Stars Swim Team</u> 6-8 a 6x50 m

Attention Swimmers

- Monday and Tuesday morning lane availability will be limited due to an additional swim team practice.
- Please continue to review all pool schedules to help identify changes to lap lane, diving board and other pool availability.
- These weekly pool schedules are subject to change without notice, please view online at www.Lakewood.org/CarmodySchedules

Updated 1/16/15