

Carmody Indoor Pool Schedule January 15-21

Activity	<u>Monday</u> 5a-8:30 p	<u>Tuesday</u> 5a-8:30 p	<u>Wednesday</u> 5a-8:30 p	<u>Thursday</u> 5a-8:30 p	<u>Friday</u> 5a-7:30 p	<u>Saturday</u> 8a-4 p	<u>Sunday</u> 8a-4 p
Lap Swim 25 yard & 50 meter lanes	6:30 a-2:45 p 6x25 y 2:45-4:30 p 2x25 y 6:30-8:30 p 6x25 y	5-6:30 a 1x50 m 7 a-2:45 p 6x25 y 2:45-4:30 p 2x 25 y 6:30-7:30 p 4x25 y 7:30-8:30 p 6x25 y	6:30 a-2:45p 6x25 y 2:45-4:30 p 2x25 y 6:30-7 p 6x25 y	5-6:30 a 1x50 m 7 a-2:45 p 6x25 y 2:45-4:30 p 2x 25 y 6:30-8:30 p 3x25 y	5 a-7:30 p 6x25 y	8 a-4 p 6x25y The pool will CLOSE at 4pm due to a High School Meet.	8a -12 p 6x50 m 12:30-4 p 6x25 y
Lap Swim 50 foot lanes	5a -6:30 p 5x50 ft	7 a-8:30 p 5x50 ft	5 a-8:30 p 5x50 ft.	7 a-8:30 p 5x50 ft	5 a-7 p 5x50 ft.	9 a-4 p 5x50 ft	12-4:30 p 5x50 ft.
Open Swim	11-6:30 p	1-5 p	1-5 p	1-5 p	1-7 p	11:30-4 p	12:30-4:30 p
Diving Boards	11-3:30 p All Boards	1-3:30 p All Boards	1-3:30 p All Boards	1-3:30 p All Boards	1-7 p All Boards	11:30-4 p	12:30-4:30 p All Boards
Water Walking <i>(shared with open swim)</i>	5a-1 p	5-6:30 a (Long Course Area) 7 a-1 p	5a-1 p	5-6:30 a (Long Course Area) 7 a-1 p	5a-1 p	8 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 9-10 a Deep	8-9 a Deep 9:15-10:15 a Shallow 7:15-8:15 p Shallow	8-9 a Aqua Zumba 9-10 a Deep	8-9 a Deep 9:15-10:15 a Shallow 7:15-8:15 p Shallow	8-9 a Shallow 9-10 a Deep		
Swimming Lessons		<u>Youth Lessons</u> 5p-7:15 p <u>Adult Lessons</u> 5:30-7:40 p		<u>Youth Lessons</u> 5p-7:15 p <u>Adult Lessons</u> 5:30-7:40 p		<u>Youth Lessons</u> 9a-11:15a	
Masters		5-6:30 a 5x50m		5-6:30 a 5x50m			
Dive Teams	High School 3:30-5:15 p CARA 5:15-6:30 p St Marys 6:30-8p	High School 3:30-5:15 p St Marys 5:30-7 p	High School 3:30-5:15 p CARA 5:15-6:30 p	High School 4:30-5:30 p St Marys 5:30-7 p 5280 7-8:30 p			
Foothills Swim Team	5-6:30 a 6x25 y 4:30-6:30 p 6x25 y	4:30-6:30 p 6x25 y	5-6:30 a 6x25 y 4:30-6:30 p 6x25 y	4:30-6:30 p 6x25 y	No Practice	No Practice	
High School Swim Teams	<u>BCHS</u> 2:45-4:30p 4x25 y	<u>BCHS</u> 2:45-4:30p 4x25 y	<u>BCHS</u> 2:45-4:30p 4x25 y	<u>BCHS</u> 2:45-4:30p 4x25 y	No practice	<u>HS Swim Meet</u> 4p	
Underwater Hockey			7-8:30 p 6x25y				4-5:30p 6x25 y
Groups	<u>NSCD Kayaking</u> 6:30-8:30 p Shallow End	<u>Tri Group</u> 6:30-7:30 p 2x25 y				<u>Birthday Party</u> 12-4pm	<u>Stars</u> 6-8am

Attention Swimmers

- This pool schedule is subject to change without notice, please view online at www.Lakewood.org/CarmodySchedules

Updated 1/12/18