

Carmody Indoor Pool Schedule April 16-22

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-4:30 p	<u>Sunday</u> 8a-4:30 p
Lap Swim 25 yard & 50 meter lanes	5-6:30 a 2x50 m 7 a-2:45 p 6x25 y 2:45-4:30 p 4x25 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 4x25 y 6:30-7:30 p 4x25 y 7:30-8:30 p 6x25 y	5-6:30 a 2x50 m 7 a-2:45 p 6x25 y 2:45-4:30 p 4x25 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 4x25 y 6:30-8:30 p 6x25 y	5 a-2 p 6x25 y The pool will CLOSE at 2pm for a Foothills Swim Team Meet.	The pool is Closed due to a Foothills Swim Team Meet.	The pool is Closed due to a Foothills Swim Team Meet.
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-2 p 5x50 ft.		
Open Swim	1-6:30 p	1-5 p	1-5 p	1-5 p	1 -2 p		
Diving Boards	1-2:30 p All Boards	1-2:30 p All Boards	1-2:30 p All Boards	1-4 p All Boards	1 -2 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		
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 Cancelled	8-9 a Shallow 9-10 a Deep		
Swimming Lessons		<u>Youth Lessons</u> 5p-7:15 p		<u>Youth Lessons</u> 5p-7:15 p			
Masters		5-6:30 a 5x50m		5-6:30 a 5x50m			
Dive Teams	High School 2:30-5:15p CARA 5:15-6:30 p 5280 7-8:30 p	High School 2:30-5:15p 5280 7-8:30 p	High School 2:30-5:15p CARA 5:15-6:30 p 5280 7-8:30 p	High School 4:15-5:30p 5280 7-8:30 p			
Foothills Swim Team	5-6:30 a 4x50 m 4:30-6:30 p 6x25 y	4:30-6:30 p 6x25 y	5-6:30 a 4x50 m 4:30-6:30 p 6x25 y	4:30-6:30 p 6x25 y	Swim meet-2p		
Bear Creek HS	2:45-4:30 p 2x25 y	2:45-4:30 p 2x25 y	2:45-4:30 p 2x25 y	2:45-4:30 p 2x25 y			
Underwater Hockey			7-8:30 p 6x25y				
Groups	<u>NSCD Kayaking</u> 6:30-8:30 p Shallow End	<u>Tri Group</u> 6:30-7:30 p 2x25 y		Afterschool Prog-3 p			

Attention Swimmers

- Long Course season has started! Please check the schedule!
- This pool schedule is subject to change without notice, please view online at www.Lakewood.org/CarmodySchedules

Updated 4/13/18