

## Carmody Indoor Pool Schedule October 23-28

| Activity   | Monday   | Tuesday  | Wednesday                                | Thursday   | Friday                               | Saturday   | Sunday                                |
|--|--|--|--|--|--------------------------------------|--|---------------------------------------|
| <b>Lap Swim</b><br>25 yard & 50 meter lanes                  | 6:30 a-4 p 6x25 y<br>6-8:30 p 6x25 y               | 5-6:30 a 1x50 m<br>7 a-4 p 6x25 y<br>6-8:30 p 6x25 y                     | 6:30 a-4p 6x25 y<br>6-7 p 6x25 y         | 5-6:30 a 1x50 m<br>7 a-4 p 6x25 y<br>6-8:30 p 6x25 y                     | 6:30 a-4 p 6x25 y<br>6-7:30 p 6x25 y | 8-8:30 a 1x50 m<br>9 a-4:30 p 6x25y              | 8 -12 p 6x50 m<br>12:30-4 p 6x25 y    |
| <b>Lap Swim</b><br>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-7:30 p 5x50 ft.                  | 9 a-4:30p 5x50 ft                                | 12-4:30 p 5x50 ft.                    |
| <b>Open Swim</b>   | 1-5 p  | 1-5 p  | 1-5 p                                    | 1-5 p  | 1-7:30 p                             | 9-4:30 p   | 12:30-4:30 p                          |
| <b>Diving Boards</b>   | 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                  | 9-12 p<br>All Boards<br>CARA Dive<br>MEET at 12p | 12:30-4:30 p<br>All Boards            |
| <b>Water Walking</b><br><i>(shared with open swim)</i>       | 5a-1 p   | 5-6:30 a<br>(Long Course Area)<br>7 a-1 p                                | 5a-1 p                                   | 5-6:30 a<br>(Long Course Area)<br>7 a-1 p                                | 5a-1 p                               | 9 a-4:30 p<br>(Shared w/ open swim)              | 12:30-4:30 p<br>(Shared w/ open swim) |
| <b>Aqua Fitness</b><br><i>(see front desk for specifics)</i> | 8-9 a Shallow<br>9-10 a Deep                       | 8-9 a Deep<br>9:15-10:15 a Shallow<br>7:15-8:15 p Shallow                | 8-9 a Aqua Zumba<br>9-10 a Deep          | 8-9 a Deep<br>9:15-10:15 a Shallow<br>7:15-8:15 p Shallow                | 8-9 a Shallow<br>9-10 a Deep         |  |                                       |
| <b>Swimming Lessons</b>                                      |  | <u>Youth Lessons</u><br>5p-6:30 p<br><u>Adult Lessons</u><br>5:30-7:40 p |  | <u>Youth Lessons</u><br>5p-6:30 p<br><u>Adult Lessons</u><br>5:30-7:40 p |                                      |  |                                       |
| <b>Masters</b>   |  | 5-6:30 a 5x50m   |  | 5-6:30 a 5x50m   |                                      |  |                                       |
| <b>Dive Teams</b>  | High School 3:30-5 p<br>CARA 5:15-6:30 p           | High School 3:30-5 p<br>5280 7-8:30 p                                    | High School 3:30-5 p<br>CARA 5:15-6:30 p | High School 3:30-5 p<br>5280 7-8:30 p                                    |                                      | CARA Dive<br>Meet at 12                          |                                       |
| <b>Foothills Swim Team</b>                                   | 5-6:30 a 6x25 y<br>4-6 p 6x25 y                    | 4-6 p 6x25 y   | 5-6:30 a 6x25 y<br>4-6 p 6x25 y          | 4-6 p 6x25 y   | 5-6:30 a 6x25 y<br>4-6 p 6x25 y      | 6:30-8 a 6x50 m<br>8-8:30 a 5x50 m               |                                       |
| <b>Underwater Hockey</b>                                     |  |  | 7-8:30 p 6x25y                           |  |                                      |  | 4-5:30p 6x25 y                        |
| <b>Groups</b>  | <u>NSCD Kayaking</u><br>6:30-8:30 p<br>Shallow End |  |  |  |                                      |  |                                       |

### Attention Swimmers

- This pool schedule is subject to change without notice, please view online at [www.Lakewood.org/CarmodySchedules](http://www.Lakewood.org/CarmodySchedules)

**Updated 9/29/17**