

## Carmody Indoor Pool Schedule Aug 21-27

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b> 25 yard & 50 meter lanes	5 a-8:30 p 6x25 y	5-6:30 a 1x50 m 7 a-8:30 p 6x25 y	5 a-7p 6x25 y	5-6:30 a 1x50 m 7 a-8:30 p 6x25 y	5a-7:30 p 6x25 y	8 a-4:30 p 6x25y	8 -12 p 6x50 m 12:30-4 p 6x25 y
<b>Lap Swim</b> 50 foot lanes	9 a-3 p 3x50 ft. 3-5 p 5x50 ft.	9 a-3 p 3x50 ft. 3-5 p 5x50 ft.	9 a-3 p 3x50 ft. 3-5 p 5x50 ft.	9 a-3 p 3x50 ft. 3-5 p 5x50 ft.	9 a-7:30 p 3x50 ft.		1-4:30 p 5x50 ft.
<b>Open Swim</b>	1-6:30 p	1-7 p	1-7 p	1-7 p	1-7:30 p	9-4:30 p	12:30-4:30 p
<b>Diving Boards</b>	1-7 p All Boards	1-7 p All Boards	1-7 p All Boards	1-7 p All Boards	1-7:30 p All Boards	9-4:30 p All Boards	12:30-4:30 p All Boards
<b>Water Walking</b> <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	9 a-4:30 p (Shared w/ open swim)	12:30-4:30 p (Shared w/ open swim)
<b>Aqua Fitness</b> <i>(see front desk for specifics)</i>	8:45-9:45 a Shallow 9-10 a Deep	8:45-9:45 a Shallow 9-10 a Deep 7:15-8:15 p Zumba	8:45-9:45 a Cancelled 9-10 a Deep	8:45-9:45 a Shallow 9-10 a Deep 7:15-8:15 p Shallow	8:45-9:45 a Shallow 9-10 a Deep		
<b>Masters</b>		5-6:30 a 5x50m		5-6:30 a 5x50m			
<b>Dive Teams</b>							
<b>Foothills Swim Team</b>	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	
<b>Underwater Hockey</b>			7-8:30 p 6x25y				4-5:30p 6x25 y
<b>Groups</b>	<u>NSCD Kavaking</u> 6:30-8:30 p Shallow area						

## Carmody Outdoor Pool Schedule Aug 21-27

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b> 25 yard lanes	10a-1 p 8x25 y 1-6 p 4x25 y	10a-1 p 8x25 y 1-6 p 4x25 y	10a-1 p 8x25 y 1-6 p 4x25 y	10a-1 p 8x25 y 1-6 p 4x25 y	10a-1 p 8x25 y 1-6 p 4x25 y	8-9 a 8x25 y 9 a-4:30 p 4x25y	<b>Bark and Splash Bash</b>
<b>Open Swim</b>	1-6 p	1-6 p	1-6 p	1-6 p	1-6 p	9 a-4:30 p Last Day!!!	

### Attention Swimmers

- **The Outdoor pool is moving to Post season hours!**
- Open swim will start at 9am on Saturday.
- This pool schedule is subject to change without notice, please view online at [www.Lakewood.org/CarmodySchedules](http://www.Lakewood.org/CarmodySchedules)

**Updated 8/15/17**