

Carmody Indoor Pool Schedule June 19-25

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 25 yard & 50 meter lanes	5-6:30 a 6x50 m 9 a-3 p 6x25 y 5-5:30 p 6x25 y 5:30-7 p 4x25 y 7-8:30 p 6x25 y	5-6:30 a 1x50 m 9 a-3 p 6x25 y 5-8:30 p 6x25 y	5-6:30 a 2x50 m 9 a-4 p 6x25 y 5:30-7 p 4x25 y	5-6:30 a 1x50 m 9 a-3 p 6x25 y 5-8:30 p 6x25 y	5a-6:30 a 2x50 m 9-7:30 p 6x25 y	8-8:30 a 1x50 m 9 a-1:30 p 6x25 y 1:30-4:30 p 4x25 y	8-12 p 6x50 m 12:30-4 p 6x25 y
Lap Swim 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.
Open Swim	1-5 p	1-5 p	1-5 p	1-5 p	1-7:30 p	11:30-4:30 p	12:30-4:30 p
Diving Boards	1-5 p All Boards	1-5 p All Boards	1-5 p All Boards	1-5 p All Boards	1-7:30 p All Boards	CLOSED	12:30-4:30 p All Boards
Water Walking <i>(shared with open swim)</i>	5-8:45 a (Long Course Area) 12:15-1 p	5-8:45 a (Long Course Area) 12:15-1 p	5-8:45 a (Long Course Area) 12:15-1 p	5-8:45 a (Long Course Area) 12:15-1 p	5-8:45 a (Long Course Area) 12:15-1 p	11:30 a-4:30 p (Shared w/ open swim)	12:30-4:30 p (Shared w/ open swim)
Aqua Fitness <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		
Swimming Lessons	<u>Youth Lessons</u> 10 a-12:15 p Pool Area <u>Adult Lessons</u> 5:30-7:40 p 2x25 y	<u>Youth AM Lessons</u> 10 a-12:15 p Pool Area <u>Youth PM Lessons</u> 5-7 p Pool Area	<u>Youth Lessons</u> 10 a-12:15 p Pool Area <u>Adult Lessons</u> 5:30-7:40 p 2x25 y	<u>Youth AM Lessons</u> 10 a-12:15 p Pool Area <u>Youth PM Lessons</u> 5-7 p Pool Area	<u>Youth AM Lessons</u> 10 a-12:15 p Pool Area	<u>Youth AM Lessons</u> 9-11:15 a Pool Area	
Masters		5-6:30 a 5x50m		5-6:30 a 5x50m			
Dive Teams	Waggoner 10-11:30 a CARA 5:15-6:30 p	Dive 5280 6:30-8 p	Waggoner 10-11:30 a CARA 5:15-6:30 p	Dive 5280 6:30-8 p	Waggoner 10-11:30 a	Waggoner 10-11:15 a CARA Dive Meet-12	
Foothills Swim Team	6:30-8:30 a 6x50 m 3-5 p 6x25 y	6-8:30 a 6x50 m 3-5 p 6x25 y	5-6:30 a 4x50 m 6:30-8:30 a 6x50 m 4-5:30 p 6x25y	6:30-8:30 a 6x50 m 3-5 p 6x25 y	5-6:30 a 4x50 m 6:30-8:30 a 6x50 m	6:30-8 a 6x50 m 8-8:30 a 5x50 m	
Underwater Hockey			7-8:30 p 6x25y				4-5:30p 6x25 y
Groups	<u>NSCD Kayaking</u> 6:30-8 p Shallow area					<u>Tri Group</u> 4 lanes outside 8-9a <u>Sherry's Group</u> 1:30-4:30p 2x25 y	

Carmody Outdoor Pool Schedule June 19-25

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 25 yard lanes	6-10 a 8x25y 10-12 2x 25 y 12:15- 1 p 8x25 y 1-8 p 4x25 y	6-10 a 8x25y 10-12:15 CLOSED 12:15- 1 p 8x25 y 1-8 p 4x25 y	6-10 a 8x25y 10-12 2x 25 y 12:15- 1 p 8x25 y 1-8 p 4x25 y	6-10 a 8x25y 10-12:15 CLOSED 12:15- 1 p 8x25 y 1-8 p 4x25 y	6-10 a 8x25y 10-12 2x 25 y 12:15- 1 p 8x25 y 1-7:30 p 4x25 y	8-9 a 4x25 y 9-11:30 a 2x25 y 11:30 a-4:30 p 4x25y	8-12:30 a 8x25 y 12:30 -4:30 p 4x25 y
Open Swim	1-8 p	1-5 p 7-8 p	1-8 p	1-5 p 7-8 p	1-7:30 p	11:30 a-4:30 p	12:30 -4:30 p
Swimming Lessons	10 a-12:15 p Pool Area 5:30-7:40 p Pool Area	10 a-12:15 p Pool Area 5-7 p Pool Area	10 a-12:15 p Pool Area 5:30-7:40 p Pool Area	10 a-12:15 p Pool Area 5-7 p Pool Area	10 a-12:15 p Pool Area	9 a-11:15 a Pool Area	

Attention Swimmers

- The summer pool schedule has begun. All pool availability has changed please review carefully. There will be daycares in the pool at various times throughout the week starting at 1pm.
- Camp Paha will be in the outdoor pool on Tuesdays and Thursdays from 10:30-12p.
- This pool schedule is subject to change without notice, please view online at www.Lakewood.org/CarmodySchedules

Updated 6/12/17