



Longmont Recreation Center | Lap Pool Summer

(Days/times subject to change. Effective May 28- Aug 24, July 4th, 10am-3:30pm)

| Time | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|--|--|-----------------------------|--|---|--|---|
| 5:00AM | Lap swim 5am-9am | Lap swim 5am-9am | Lap swim 5am-9am | Lap swim 5am-9am | Lap swim 5am-9am | Lap swim 7am-9am | Lap swim 7:40-8:25am |
| 6:00AM | | | | | | | |
| 7:00AM | | | | | | | |
| 8:00AM | | | | | | | |
| 9:00AM | Aqua Power! 9:00-10:00am | Aqua Zumba 9:00-10:00am | Aqua Power! 9:00-10:00am | Aqua Power! 9:00-10:00am | Aqua Zumba 9:00-10:00am | OPEN SWIM 9am-5:30pm Diving Boards 11am-5:30pm | OPEN SWIM 11am-5:30pm Diving Boards 11am-5:30pm |
| 10:00AM | Diving Boards 10am-12pm | Swim Lessons 8:30am-11am | Diving Boards 10am-12pm | Swim Lessons 8:30am-11am | Diving Boards 10am-12pm | | |
| 11:00AM | Deep H2O 12:00-1:00pm | OPEN SWIM 9am-4pm Diving Boards 11am-4pm | Deep H2O 12:00-1:00pm | OPEN SWIM 9am-4pm Diving Boards 11am-4pm | Deep H2O 12:00-1:00pm | | |
| 12:00 PM | | | | | | | |
| 1:00PM | OPEN SWIM 9am-4:15pm Diving Boards 1-4pm | Swim Lessons 4:00-6:15pm | CARA Swim Team 4:15-7pm | OPEN SWIM 9am-4pm Diving Boards 11am-4pm | OPEN SWIM 9am-8:30pm Diving Boards 1-8pm | PURPLE = 2 Lanes Available | BLUE = 3 Lanes Available |
| 2:00PM | CARA Swim Team 4:15-7pm | | | | | | |
| 3:00PM | | Diving Boards 1-4pm | Swim Clinic 6:15-7:15 PM | Swim Clinic 6:15-7:15 PM | Log Rolling 7:15pm-8:15pm Pool Closes at 8:30pm | | |
| 4:00PM | Diving Boards 7-9pm | Beg Masters 7:15-8:15pm | | | | | |
| 5:00PM | | | Diving Boards 7-9pm | Beg Masters 7:15-8:15pm | Diving Boards 7-9pm | Beg Masters 7:15-8:15pm | Log Rolling 7:15pm-8:15pm Pool Closes at 8:30pm |
| 6:00PM | Diving Boards 7-9pm | Beg Masters 7:15-8:15pm | | | | | |
| 7:00PM | | | Diving Boards 7-9pm | Beg Masters 7:15-8:15pm | Diving Boards 7-9pm | Beg Masters 7:15-8:15pm | Log Rolling 7:15pm-8:15pm Pool Closes at 8:30pm |
| 8:00PM | Diving Boards 7-9pm | Beg Masters 7:15-8:15pm | | | | | |
| 9:00PM | | | Diving Boards 7-9pm | Beg Masters 7:15-8:15pm | Diving Boards 7-9pm | Beg Masters 7:15-8:15pm | Log Rolling 7:15pm-8:15pm Pool Closes at 8:30pm |

Open Swim Times with Diving Boards = 2-3 lanes available for lap swim