

Juniper Swim & Fitness Center

Lap Swim Schedule

Schedule Effective March 20- 30, 2025

Lap swimming occurs in the Olympic pool or Indoor pool see below for details. Kickboards, pull buoys and swim fins are available for use. Sharing lanes and circle swimming counterclockwise is expected. Lanes are designated by speed so choose a lane appropriate to your speed. Water running is available in the slow lanes during all lap swim times. Minimum number of lanes listed.

Please note schedule changes due to Holidays and other events:

March 20 & 21 No lap swim in 50 meter pool from 6:30-9:00pm

25 meter Distance
 1/4 Mile = 16 lengths
 1/2 Mile = 32 lengths
 1 Mile = 64 lengths

Olympic Pool Lap Swim Olympic 50 m Water temp 80-81

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:30-8:00 am</u> 50 m 4 lanes	<u>5:30-9:15 am</u> 50 m 8 lanes	<u>5:30-8:00 am</u> 50 m 4 lanes	<u>5:30-9:15 am</u> 50 m 4 lanes	<u>5:30-8:00 am</u> 50 m 4 lanes	<u>8:00 am - 9:00 am</u> 50 m 8 lanes <u>9:00 am - 10:30 am</u> 50 m 2 lanes <u>10:30 am - 6:00 pm</u> 50 m 8 lanes	<u>8:00 am - 9:00 am</u> 50 m 8 lanes <u>9:00 am - 10:30 am</u> 50 m 2 lanes <u>10:30 am - 6:00 pm</u> 50 m 8 lanes
<u>8:00-11:45 am</u> 50m 8 lanes	<u>9:15 -10:30 am</u> 50 m 4 lanes	<u>8:00-11:45 am</u> 50m 8 lanes	<u>9:15 -10:30 am</u> 50 m 4 lanes	<u>8:00-11:45 am</u> 50m 8 lanes		
<u>11:45am-1:00 pm</u> 50 m 4 lanes	<u>10:30am-1:00 pm</u> 50 m 8 lanes	<u>11:45am-1:00 pm</u> 50 m 4 lanes	<u>10:30am-1:00 pm</u> 50 m 8 lanes	<u>11:45am-1:00 pm</u> 50 m 4 lanes		
<u>1:00-4:00 pm</u> 50 m 8 lanes	<u>1:00-4:00 pm</u> 50 m 8 lanes	<u>1:00-4:00 pm</u> 50 m 8 lanes	<u>1:00- 3:45 pm</u> 50 m 8 lanes	<u>1:00- 3:45 pm</u> 50 m 8 lanes		
<u>4:00 - 6:30pm</u> 50 m 8 lanes	<u>4:00 - 6:30pm</u> 50 m 8 lanes	<u>4:00 - 6:30pm</u> 50 m 8 lanes	<u>3:45 - 6:30pm</u> 50 m 4 lanes	<u>3:45 - 6:30pm</u> 50 m 4 lanes		
<u>6:30-9:00 pm</u> 50 m 8 lanes	<u>6:30-9:00 pm</u> 50 m 8 lanes	<u>6:30-9:00 pm</u> 50 m 8 lanes	<u>6:30-9:00 pm</u> 50 m 8 lanes *no lanes on 3/20	<u>6:30-7:30 pm</u> 50 m 8 lanes *no lanes on 3/21		

Indoor Pool Lap Swim Indoor 25 m Water temp 83-84

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:30-7:10 am</u> 2 lanes	<u>5:30-8:15 am</u> 2 lanes	<u>5:30-7:10 am</u> 2 lanes	<u>5:30-8:15 am</u> 2 lanes	<u>5:30-7:10 am</u> 2 lanes	<u>10:15am - 12:55 pm</u> 2 lanes Workout on own 2 lanes	<u>8:00 am - 12:55 pm</u> 4 lanes Workout on own 2 lanes <u>4:15 - 6:00 pm</u> 3 lanes Workout on own 3 lanes
<u>8:15-10:15 am</u> 2 lanes Workout on own 2 lanes	Workout on own 2 lanes	<u>8:15-10:15 am</u> 2 lanes Workout on own 2 lanes	Workout on own 2 lanes	<u>8:15-10:15 am</u> 2 lanes Workout on own 2 lanes		
<u>11:30 am - 12:55 pm</u> 2 lanes Workout on own 2 lanes	<u>10:30 am - 12:55 pm</u> 2 lanes Workout on own 2 lanes	<u>11:30 am - 12:55 pm</u> 2 lanes Workout on own 2 lanes	<u>10:30 am - 12:55 pm</u> 2 lanes Workout on own 2 lanes	<u>11:30 am - 12:55 pm</u> 2 lanes Workout on own 2 lanes		
<u>4:15-5:15pm</u> 2 lanes Workout on own	<u>4:15-9:00pm</u> 2 lanes Workout on own	<u>4:15-5:15pm</u> 2 lanes Workout on own	<u>4:15-9:00pm</u> 2 lanes Workout on own	<u>4:15-5:15pm</u> 2 lanes Workout on own		
<u>6:30 - 9:00 pm</u> 2 lanes Workout on own 2 lanes		<u>6:30 - 9:00 pm</u> 2 lanes Workout on own 2 lanes		<u>6:30 - 7:30 pm</u> 2 lanes Workout on own 2 lanes		

Larkspur Community Center
“Home of the Bend Senior Center”

Lap Swim Schedule

Schedule Effective March 20- 30, 2025

Lap swim occurs in the Lifestyle pool. Kickboards, pull buoys and swim fins are available for use.
Sharing lanes and circle swimming counterclockwise is expected. Lanes are designated by speed so choose a lane appropriate to your speed.

Water running is available in the water running lane during all lap swim times.

Current channel available for workout on own—

explore the benefits of walking in the water with or against the current. Youth ages 16+ are welcome to participate

25 yard Distance
 1/4 Mile = 16 Lengths
 1/2 Mile = 34 Lengths
 1 Mile = 70 Lengths

Larkspur Pool Lap Swim

Lifestyle Pool 25y

Water temp 86-87

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>6:00-6:55am</u> Current channel workout on own 3 lanes	<u>6:00-6:55 am</u> Current channel workout on own 3 lanes	<u>6:00 -6:55am</u> Current channel workout on own 3 lanes	<u>6:00-6:55 am</u> Current channel workout on own 3 lanes	<u>6:00-7:55am</u> Current channel workout on own 3 lanes		
<u>7:00-7:55am</u> 3 lanes	<u>7:00-7:55am</u> Current channel workout on own	<u>7:00-7:55am</u> 3 lanes	<u>7:00-7:55am</u> Current channel workout on own			
<u>8:00-8:55 am</u> Current Channel workout on own	<u>8:00-8:55 am</u> Current Channel workout on own	<u>8:00-8:55 am</u> Current Channel workout on own	<u>8:00-8:55 am</u> Current Channel workout on own	<u>8:00-8:55 am</u> Current Channel workout on own	<u>8:00-8:55 am</u> Current Channel workout on own	<u>9:00-9:55am</u> Current channel workout on own 3 lanes
<u>9:00 -9:55 am</u> 3 lanes	<u>9:00 -9:30 am</u> Workout on own Lap lanes	<u>9:00 -9:55 am</u> 3 lanes	<u>9:00 -9:30 am</u> Workout on own Lap lanes	<u>9:00 -9:55 am</u> 3 lanes	<u>8:00 -9:55am</u> 3 lanes	
<u>10:00 -11:50 am</u> Current Channel workout on own	<u>11:00-11:50am</u> Current channel workout on own	<u>10:00 -11:50 am</u> Current Channel workout on own	<u>11:00-11:50am</u> Current channel workout on own	<u>10:00 -11:50 am</u> Current Channel workout on own	<u>10:00am- 12:25pm</u> Current channel workout on own	
<u>12:00-12:55 pm</u> 3 lanes	<u>12:00-12:55 pm</u> 3 lanes	<u>12:00-12:55 pm</u> 3 lanes	<u>12:00-12:55 pm</u> 3 lanes	<u>12:00-12:55 pm</u> 3 lanes	<u>11:00 am-12:25pm</u> 3 lanes	<u>12:15- 2:00 pm</u> Current channel workout on own 3 lanes
<u>1:00-1:55 pm</u> Current Channel workout on own	<u>1:00-1:55 pm</u> Current Channel workout on own	<u>1:00-1:55 pm</u> Current Channel workout on own	<u>1:00-1:55 pm</u> Current Channel workout on own	<u>1:00-1:55 pm</u> Current Channel workout on own		
<u>2:00-6:30 pm</u> Current Channel workout on own	<u>3:00-5:30 pm</u> Current Channel workout on own	<u>2:00-6:30 pm</u> Current Channel workout on own	<u>3:00-5:30 pm</u> Current Channel workout on own	<u>2:00-4:10 pm</u> 3 lanes Current channel workout on own		
<u>2:00-6:25 pm</u> 3 lanes	<u>2:00-6:25 pm</u> 3 lanes	<u>2:00-6:25 pm</u> 3 lanes	<u>2:00-6:25 pm</u> 3 lanes	<u>6:45-8:00pm</u> 3 lanes Current channel workout on own		