

Juniper Swim & Fitness Center

Lap Swim Schedule

Schedule Effective December 21, 2024 - January 5, 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 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:

December 24 Close at 1:00 pm December 31 Close at 6:00 pm
 December 25 Closed January 1 9:00 am- 1:00 pm

Olympic Pool Lap Swim

Olympic 25 m

Water temp 80-81

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:30-8:00 am</u> 25m 5 lanes	<u>5:30-8:00 am</u> 25m 5 lanes	Closed Dec 25 Jan 1 9:00 am-12:00pm	<u>5:30-8:00 am</u> 25m 5 lanes	<u>5:30-8:00 am</u> 25m 5 lanes		
<u>8:00am -1:00 pm</u> 25m 8 lanes	<u>8:00am -1:00 pm</u> 25m 6 lanes Dec 24 Closed at 1:00pm	<u>9:00am -12:00 pm</u> 25m 4 lanes	<u>8:00am -1:00 pm</u> 25m 6 lanes	<u>8:00am -1:00 pm</u> 25m 8 lanes	<u>8:00am</u> -	<u>8:00am</u> -
<u>1:00-4:00 pm</u> 25m 8 lanes	<u>1:00-4:00 pm</u> 25m 8 lanes		<u>1:00-4:00 pm</u> 25m 8 lanes	<u>1:00-4:00 pm</u> 25m 8 lanes	<u>6:00pm</u> 25m 8 lanes	<u>6:00pm</u> 25m 8 lanes
<u>4:00-6:30pm</u> 25m 4 lanes	<u>4:00-6:00pm</u> 25m 4 lanes		<u>4:00-6:30pm</u> 25m 4 lanes	<u>4:00-6:30pm</u> 25m 4 lanes		
<u>6:30-9:00 pm</u> 25m 8 lanes	Dec 31 Closed at 6:00 pm		<u>6:30-9:00 pm</u> 25m 8 lanes	<u>6:30-7:30 pm</u> 25m 8 lanes		

Indoor Pool Lap Swim

Indoor 25 m

Water temp 83-84

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:30-7:15 am</u> 2 lanes	<u>5:30-8:15 am</u> 2 lanes	Closed Dec 25 Jan 1 9:00 am-12:00pm	<u>5:30-8:15 am</u> 2 lanes	<u>5:30-7:15 am</u> 2 lanes		
<u>8:15-10:15 am</u> 2 lanes Workout on own 3 lanes	<u>10:30am-12:55pm</u> 2 lanes Workout on own 2 lanes Dec 24 Closed at 1:00	<u>9:00-10:15 am</u> 2 lanes Workout on own 3 lanes		<u>8:15-10:15 am</u> 2 lanes Workout on own 3 lanes		
<u>11:30am -12:55pm</u> 2 lanes Workout on own 2 lanes		<u>11:30am -12:00pm</u> 2 lanes Workout on own 3 lanes	<u>10:30am-12:55pm</u> 2 lanes Workout on own 2 lanes	<u>11:30am -12:55pm</u> 2 lanes Workout on own 2 lanes	<u>10:15am - 1:00pm</u> 2 lanes Workout on own 2 lanes	<u>8:00am - 1:00pm</u> 3 lanes Workout on own 2 lanes <u>4:15-6:00pm</u> 2 lanes Workout on own 2 lanes
<u>4:15-5:15 pm</u> 3 lanes Workout on own 3 lanes <u>8:00-9:00pm</u> 3 lanes Workout on own 3 lanes	<u>4:15-5:15 pm</u> 3 lanes Workout on own 3 lanes Dec 31 Closed at 6:00 pm		<u>4:15-5:15 pm</u> 2 lanes Workout on own 2 lanes <u>8:00-9:00pm</u> 2 lanes Workout on own 2 lanes	<u>4:15-5:15 pm</u> 2 lanes Workout on own 2 lanes		

Larkspur Community Center

"Home of the Bend Senior Center"

Lap Swim Schedule

Schedule Effective December 21, 2024 - January 5, 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 slow lanes 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.

Please note schedule changes due to Holidays and other events:

December 24	Close at 1:00 pm	December 31	Close at 6:00 pm
December 25	Closed	January 1	Closed

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>6:00-6:55 am</u> Current channel workout on own 3 lanes	<u>6:00-6:55am</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> Current channel workout on own	<u>7:00-7:55am</u> Current channel workout on own 3 lanes		
<u>8:00-8:55 am</u> Current Channel workout on own	<u>8:00-8:55 am</u> Current Channel workout on own	Closed Dec 25 Jan 1	<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 -9:55 am</u> 3 lanes	<u>9:00 -10:55 am</u> 3 lanes		<u>9:00 -10:55 am</u> 3 lanes	<u>9:00 -9:55 am</u> 3 lanes	<u>8:00 -9:55am</u> 3 lanes	
<u>10:00 -11:55 am</u> Current Channel workout on own	<u>10:00-11:55am</u> Current channel workout on own		<u>10:00-11:55am</u> Current channel workout on own	<u>10:00 -11:55 am</u> Current Channel workout on own	<u>10:00am-12:15pm</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>11:00 am-12:10pm</u> 3 lanes	<u>12:15- 2:00pm</u> 3 lanes
<u>1:00-1:55 pm</u> Current Channel workout on own	Dec 24 Closed @ 1:00 <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>2:15pm-3:55pm</u> 3 lanes Current channel workout on own	<u>1:00- 2:00pm</u> Current channel workout on own
<u>2:00-3:00 pm</u> Current channel workout on own	<u>2:00-3:00 pm</u> 3 lanes			<u>2:00-3:00 pm</u> 3 lanes	<u>3:00-4:10 pm</u> 3 lanes Current channel workout on own	
<u>3:00-3:55 pm</u> 3 lanes Current channel workout on own	<u>3:00-3:55 pm</u> 3 lanes Current channel workout on own		<u>3:00-3:55 pm</u> 3 lanes Current channel workout on own	<u>3:00-4:10 pm</u> 3 lanes Current channel workout on own		
<u>4:00-6:15 pm</u> 3 lanes Current channel workout on own	<u>3:00-5:30 pm</u> 3 lanes till 6:00 Current Channel workout on own Dec 31 closed at 6:00 on		<u>3:00-5:30 pm</u> 3 lanes till 6:15 Current Channel workout on own	<u>6:50-8:00pm</u> 3 lanes Current channel workout on own		