

Juniper Swim & Fitness Center

Lap Swim Schedule

Schedule Effective January 26- February 23, 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:

January 31 City Meet 4:00-7:30 pm
 February 14-15 High School District Meet see signs and online for schedule changes
 February 15-16 Bend Swim Club Last Chance see signs and online for schedule changes

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

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 8 lanes	<u>5:30-8:00 am</u> 25m 5 lanes	<u>5:30-8:00 am</u> 25m 8 lanes	<u>5:30-8:00 am</u> 25m 5 lanes	<u>8:00am</u> - <u>6:00pm</u> 25m 8 lanes	<u>8:00am</u> - <u>6:00pm</u> 25m 8 lanes
<u>8:00am -1:00 pm</u> 25m 8 lanes	<u>8:00am -1:00 pm</u> 25m 8 lanes	<u>8:00am -1:00 pm</u> 25m 8 lanes	<u>8:00am -1:00 pm</u> 25m 8 lanes	<u>8:00am -1:00 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>1:00-4:00 pm</u> 25m 8 lanes	<u>1:00-4:00 pm</u> 25m 8 lanes		
<u>4:00-6:30pm</u> 25m 8 lanes	<u>4:00-5:30pm</u> 25m 8 lanes	<u>4:00-6:30pm</u> 25m 8 lanes	<u>4:00-5:30pm</u> 25m 8 lanes	<u>4:00-6:30pm</u> 25m 8 lanes		
<u>6:30-8:00 pm</u> 25m 8 lanes	<u>5:30-8:00 pm</u> 25m 6 lanes	<u>6:30-8:00 pm</u> 25m 8 lanes	<u>5:30-8:00 pm</u> 25m 6 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>5:30-7:10 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>8:00 am -</u> <u>12:55 pm</u> 4 lanes Workout on own 2 lanes <u>4:15-6:00pm</u> 3 lanes Workout on own 3 lanes
<u>8:15-10:15 am</u> 2 lanes Workout on own 2 lanes		<u>8:15-10:15 am</u> 2 lanes Workout on own 2 lanes		<u>8:15-10:15 am</u> 2 lanes Workout on own 2 lanes		
<u>11:30am -</u> <u>3:55pm</u> 2 lanes Workout on own 2 lanes	<u>11:00-1:15pm</u> 2 lanes	<u>11:30am -12:25pm</u> 2 lanes Workout on own 2 lanes	<u>10:30am- 1:00pm</u> 2 lanes Workout on own 2 lanes	<u>11:30am -</u> <u>3:55pm</u> 2 lanes Workout on own 2 lanes		
	<u>1:30-3:00pm</u> 2 lanes Workout on own 2 lanes	<u>12:30-2:10</u> 2 lanes	<u>1:00-2:00pm</u> 2 lanes <u>2:00-3:00 pm</u> 2 lanes Workout on own			
<u>8:00 -9:00 pm</u> 2 lanes Workout on own 2 lanes	<u>8:00 -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>8:00 -9:00 pm</u> 2 lanes Workout on own 2 lanes	<u>6:45 -7:30 pm</u> 2 lanes		

Larkspur Community Center
"Home of the Bend Senior Center"

Lap Swim Schedule

Schedule Effective January 26- February 23, 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.

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>2:00-4:15 pm</u> 3 lanes	<u>2:00-4:15 pm</u> 3 lanes	<u>2:00-4:15 pm</u> 3 lanes	<u>2:00-4:15 pm</u> 3 lanes	<u>6:45-8:00pm</u> 3 lanes Current channel workout on own		