



MARCH 2025

INDOOR LAP SWIM SCHEDULE

MONDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5-6 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
6-7 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
7-8 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8-9 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Water Aerobics	Water Aerobics
9-10 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Water Aerobics	Water Aerobics
10-11 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
11 am-Noon	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
Noon-1 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
1-2:30 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
2:30-3:30 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
3:30-4:30 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
4:30-5 pm	Swim Team	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
5-6 pm	Swim Team	Swim Team	Swim Team	Swim Team	NWCSRA	NWCSRA
6-7 pm	Swim Team	Swim Team	Swim Team	Swim Team	NWCSRA	NWCSRA
7-8 pm	Swim Team	Swim Team	Swim Team	Swim Team	NWCSRA	NWCSRA
8-9 pm	Swim Team	Swim Team	Swim Team	Swim Team	NWCSRA	NWCSRA

TUESDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5-6 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
6-7 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
7-8 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8-9 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Water Aerobics	Water Aerobics
9-10 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Water Aerobics	Water Aerobics
10-11 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
11 am-Noon	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
Noon-1 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
1-2:30 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
2:30-3:30 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
3:30-4:30 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons
4:30-5 pm	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
5-6 pm	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
6-7 pm	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
7-8 pm	Swim Team	Swim Team	Swim Team	Swim Team	Lap Swim	Swim Lessons
8-9 pm	Swim Team	Swim Team	Swim Team	Swim Team	Lap Swim	Swim Lessons

SPECIAL EVENTS/TRAININGS*

3/3	C. Pulaski Day: Open Swim 12-8 pm, no lanes 5/6
3/7	Swim Team Ends. 1 lane reserved for private lessons
3/8-9	8 am-5 pm, lanes 1/2 reserved for lifeguard class
3/22-23	8 am-5 pm, lanes 1/2 reserved for lifeguard class
3/29-30	9 am-12 pm, Swim Instructor Certification, no lanes 1/2

3/29-4/4	Spring break: No Swim Lessons
3/30-31	No NWSRA
3/31-4/4	Spring break: Open Swim 12-8 pm

COLOR KEY

■	Lap Swim	■	VVSD Lessons
■	Swim Lessons	■	Water Aerobics
■	Swim Team	■	Open Swim
■	NWCSRA		

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MARCH 2025

INDOOR LAP SWIM SCHEDULE

WEDNESDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5-6 am	Green	Green	Green	Green	Green	Green
6-7 am	Green	Green	Green	Green	Green	Green
7-8 am	Green	Green	Green	Green	Green	Green
8-9 am	Green	Green	Green	Green	Pink	Pink
9-10 am	Green	Green	Green	Green	Pink	Pink
10-11 am	Green	Green	Green	Green	Green	Green
11 am-Noon	Green	Green	Green	Green	Green	Green
Noon-1 pm	Green	Green	Green	Green	Green	Green
1-2:30 pm	Green	Green	Green	Green	Green	Green
2:30-3:30 pm	Green	Green	Green	Green	Green	Green
3:30-4:30 pm	Green	Green	Green	Green	Green	Yellow
4:30-5 pm	Green	Green	Yellow	Yellow	Yellow	Yellow
5-6 pm	Green	Green	Yellow	Yellow	Yellow	Yellow
6-7 pm	Green	Green	Yellow	Yellow	Yellow	Yellow
7-7:15 pm	Blue	Blue	Blue	Green	Yellow	Yellow
7:15-8 pm	Blue	Blue	Blue	Green	Green	Pink
8-9 pm	Blue	Blue	Blue	Green	Green	Pink

THURSDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5-6 am	Green	Green	Green	Green	Green	Green
6-7 am	Green	Green	Green	Green	Green	Green
7-8 am	Green	Green	Green	Green	Green	Green
8-9 am	Green	Green	Green	Green	Pink	Pink
9-10 am	Green	Green	Green	Green	Green	Green
10-11 am	Green	Green	Green	Green	Green	Green
11 am-Noon	Green	Green	Green	Green	Green	Green
Noon-1 pm	Green	Green	Green	Green	Green	Green
1-2:30 pm	Green	Green	Green	Green	Green	Green
2:30-3:30 pm	Green	Green	Green	Green	Green	Green
3:30-4:30 pm	Green	Green	Green	Green	Green	Yellow
4:30-5 pm	Green	Green	Yellow	Yellow	Yellow	Yellow
5-6 pm	Green	Green	Yellow	Yellow	Yellow	Yellow
6-7 pm	Green	Green	Yellow	Yellow	Yellow	Yellow
7-8 pm	Blue	Blue	Blue	Blue	Green	Green
8-9 pm	Blue	Blue	Blue	Blue	Green	Green

SPECIAL EVENTS/TRAININGS*

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3/29-30	9 am-12 pm, Swim Instructor Certification, no lanes 1/2

3/29-4/4	Spring break: No Swim Lessons
3/30-31	No NWSRA
3/31-4/4	Spring break: Open Swim 12-8 pm

COLOR KEY

Green	Lap Swim	Orange	VVSD Lessons
Yellow	Swim Lessons	Pink	Water Aerobics
Blue	Swim Team	Red	Open Swim
Purple	NWCSRA		

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MARCH 2025

INDOOR LAP SWIM SCHEDULE

FRIDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5-6 am	Green	Green	Green	Green	Green	Green
6-7 am	Green	Green	Green	Green	Green	Green
7-8 am	Green	Green	Green	Green	Green	Green
8-9 am	Green	Green	Green	Green	Pink	Pink
9-10 am	Green	Green	Green	Green	Green	Green
10-11 am	Green	Green	Green	Green	Green	Green
11 am-Noon	Green	Green	Green	Green	Green	Green
Noon-1 pm	Green	Green	Green	Green	Green	Green
1-2:30 pm	Green	Green	Green	Green	Green	Green
2:30-3:30 pm	Green	Green	Green	Green	Green	Green
3:30-4:30 pm	Green	Green	Green	Green	Green	Green
4:30-5 pm	Blue	Green	Green	Green	Green	Green
5-6 pm	Blue	Blue	Blue	Blue	Green	Green
6-7 pm	Blue	Blue	Blue	Blue	Green	Green
7-8 pm	Blue	Blue	Blue	Blue	Green	Green
8-9 pm	Blue	Blue	Blue	Blue	Green	Green

SATURDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7-8 am	Green	Green	Green	Green	Green	Green
8-9 am	Green	Green	Yellow	Yellow	Yellow	Yellow
9-10 am	Green	Green	Yellow	Yellow	Yellow	Yellow
10-11 am	Green	Green	Yellow	Yellow	Yellow	Yellow
11 am-Noon	Green	Green	Yellow	Yellow	Yellow	Yellow
Noon-1 pm	Blue	Green	Yellow	Yellow	Red	Red
1-2 pm	Blue	Green	Green	Green	Red	Red
2-3 pm	Blue	Green	Green	Green	Red	Red
3-4 pm	Blue	Green	Green	Green	Red	Red
4-5 pm	Blue	Green	Green	Green	Red	Red

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INDOOR LAP SWIM SCHEDULE

SUNDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7-8 am	Green	Green	Green	Green	Green	Green
8-9 am	Green	Green	Green	Green	Yellow	Yellow
9-10 am	Purple	Purple	Purple	Green	Yellow	Yellow
10-11 am	Purple	Purple	Green	Green	Yellow	Yellow
11 am-Noon	Purple	Purple	Green	Green	Yellow	Yellow
Noon-1 pm	Blue	Green	Green	Green	Red	Red
1-2 pm	Blue	Green	Green	Green	Red	Red
2-3 pm	Blue	Green	Green	Green	Red	Red
3-4 pm	Blue	Green	Green	Green	Red	Red
4-5 pm	Blue	Green	Green	Green	Red	Red

SPECIAL EVENTS/TRAININGS*

3/3	C. Pulaski Day: Open Swim 12-8 pm, no lanes 5/6
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