



# INDOOR LAP SWIM SCHEDULE

## August 25–September 30, 2025

MONDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5–6 am						
6–7 am						
7–8 am						
8–9 am						
9–10 am						
10–11 am						
11 am–Noon						
Noon–1 pm						
1–2:30 pm						
2:30–3 pm						
3–4 pm						
4–5 pm						
5–6 pm						
6–7 pm						
7–8 pm						
8–9 pm						

TUESDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5–6 am						
6–7 am						
7–8 am						
8–9 am						
9–10 am						
10–11 am						
11 am–Noon						
Noon–1 pm						
1–2:30 pm						
2:30–3 pm						
3–4 pm						
4–5 pm						
5–6 pm						
6–7 pm						
7–8 pm						
8–9 pm						

### SPECIAL EVENTS / TRAININGS\*

Mondays after 5 pm	No lap lanes available.
8/25	VVSD Swim Team begins
8/25, 8/27 & 9/3	Swim Team Evaluations, 6–8 pm, using lanes 1–4
9/1—Labor Day	7 am–Noon, Lap Swim Only
9/2	Swim Lessons Open House, 6–8 pm, using lanes 3–6
9/5	Swim Team regular season begins
9/6	Swim Lessons begins
9/14	NWCSRA Swim Team begins

\*Schedule is subject to change based on programming, special events and trainings. Signs regarding updates will be posted on the indoor pool doors. Please allow 5–10 minutes for program transitions.

### COLOR KEY

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



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WEDNESDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5–6 am						
6–7 am						
7–8 am						
8–9 am						
9–10 am						
10–11 am						
11 am–Noon						
Noon–1 pm						
1–2:30 pm						
2:30–3:30 pm						
3:30–4:30 pm						
4:30–5 pm						
5–6 pm						
6–7 pm						
7–7:15 pm						
7:15–8 pm						
8–9 pm						

THURSDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5–6 am						
6–7 am						
7–8 am						
8–9 am						
9–10 am						
10–11 am						
11 am–Noon						
Noon–1 pm						
1–2:30 pm						
2:30–3 pm						
3–4 pm						
4–5 pm						
5–6 pm						
6–7 pm						
7–8 pm						
8–9 pm						

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FRIDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5–6 am						
6–7 am						
7–8 am						
8–9 am						
9–10 am						
10–11 am						
11 am–Noon						
Noon–1 pm						
1–2:30 pm						
2:30–3 pm						
3–4 pm						
4–5 pm						
5–6 pm						
6–7 pm						
7–8 pm						
8–9 pm						

SATURDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7–8 am						
8–9 am						
9–10 am						
10–11 am						
11 am–Noon						
Noon–1 pm						
1–2 pm						
2–3 pm						
3–4 pm						
4–5 pm						

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SUNDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7–8 am						
8–9 am						
9–10 am						
10–11 am						
11 am–Noon						
Noon–1 pm						
1–2 pm						
2–3 pm						
3–4 pm						
4–5 pm						

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