



# JULY 2025

## INDOOR LAP SWIM SCHEDULE

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						
2:30-3:30 pm						
3:30-4:30 pm						
4:30-5 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						
2:30-3:30 pm						
3:30-4:30 pm						
4:30-5 pm						
5-6 pm						
6-7 pm						
7-8 pm						
8-9 pm						

### SPECIAL EVENTS / TRAININGS\*

7/2	Indoor facility closed 4-9 pm
7/4-6	No swim team or lessons
7/14, 16, 19, 28	7-8 am, swim team practice will be OUTSIDE. Indoor lanes available for lap swim.
7/22	Summer swim team ends
7/24	Summer swim lessons end
7/25-8/24	Indoor pool closed for maintenance

\*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						
2:30-3:30 pm						
3:30-4:30 pm						
4:30-5 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						
2:30-3:30 pm						
3:30-4:30 pm						
4:30-5 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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	Swim Lessons		Water Aerobics
	Swim Team		Open Swim
	NWCSRA		





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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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7/2	Indoor facility closed 4-9 pm
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