



# JUNE 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	Swim Team	Swim Team	Swim Team	Swim Team	Lap Swim	Lap Swim
8-9 am	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
9-10 am	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
10-11 am	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
11 am-Noon	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
Noon-1 pm	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	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	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
9-10 am	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
10-11 am	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
11 am-Noon	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
Noon-1 pm	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	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	Swim Lessons	Swim Lessons
4:30-5 pm	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
5-6 pm	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
6-7 pm	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
7-8 pm	Swim Team	Swim Team	Swim Team	Swim Team	Lap Swim	Lap Swim
8-9 pm	Swim Team	Swim Team	Swim Team	Swim Team	Lap Swim	Lap Swim

### SPECIAL EVENTS / TRAININGS\*

6/4	Swim Meet—Indoor facility closed 4-9 pm.
6/9	Begin NWCSRA
6/16, 6/18, 6/20 & 6/21	7-8 am, swim team practice will be OUTSIDE. Indoor lanes available for lap swim.
6/19	No swim lessons or swim team
6/25	Swim Meet—Indoor facility closed 4-9 pm.

### COLOR KEY

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

\*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.





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## INDOOR LAP SWIM SCHEDULE

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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