

LVAC Pool Schedule

EFFECTIVE SEPTEMBER 1, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am							
5:30							
6 am							
6:30							
7 am							
7:30							
8 am							
8:30							
9 am							
9:30							
10 am		10:00 Aqua: Movement		10:00 Aqua: TBT			
10:30							
11 am						11:00 Aqua: Zumba	
11:30							
12 pm					LAP SWIM	LAP SWIM	LAP SWIM
12:30	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM			
1 pm							
1:30							
2 pm							
2:30							
3 pm							
3:30							
4 pm							
4:30							
5 pm							
5:30							
6 pm				6:00 Aqua: Zumba		LAP SWIM ends 6:45 pm	LAP SWIM ends 6:45 pm
6:30							
7 pm					LAP SWIM ends 7:45 pm		
7:30							
8 pm	LAP SWIM ends 8:45 pm	LAP SWIM ends 8:45 pm	LAP SWIM ends 8:45 pm	LAP SWIM ends 8:45 pm			
8:30							
9 pm							
9:30							
10 pm							
10:30							
11 pm							

Lane 1 is reserved for private swim lessons. If there are no private lessons taking place, then members may use the lane.