

# LVAC Pool Schedule

EFFECTIVE JANUARY 1ST, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am						5 am
5:30						5:30
6 am						6 am
6:30						6:30
7 am						7 am
7:30	LAP SWIM		LAP SWIM			7:30
8 am						8 am
8:30						8:30
9 am						9 am
9:30	ends 9:55 am		ends 9:55 am			9:30
10 am	10:00-10:55 Aqua: Movement		10:00-10:55 Aqua: TBT			10 am
10:30						10:30
11 am						11 am
11:30						11:30
12 pm	LAP SWIM	LAP SWIM		LAP SWIM	LAP SWIM	LAP SWIM
12:30						12:30
1 pm						1 pm
1:30						1:30
2 pm						2 pm
2:30						2:30
3 pm						3 pm
3:30						3:30
4 pm						4 pm
4:30						4:30
5 pm	ends 5:25 pm					5 pm
5:30	5:30-6:25 Aqua: Movement					5:30
6 pm		6:00 Adult Swim Class			LAP SWIM ends 6:45 pm	LAP SWIM ends 6:45 pm
6:30						
7 pm				LAP SWIM ends 7:45 pm		7 pm
7:30						7:30
8 pm	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		8 pm
8:30	ends 8:45 pm	ends 8:45 pm	ends 8:45 pm	ends 8:45 pm		8:30
9 pm						9 pm
9:30						9:30
10 pm						10 pm
10:30						10:30
11 pm						11 pm

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