

LVAC Pool Schedule

EFFECTIVE MAY 1ST, 2025

	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								7:30
8 am								8 am
8:30								8:30
9 am								9 am
9:30								9:30
10 am		10:00 Aqua: Movement		10:00 Aqua: TBT				10 am
10:30								10:30
11 am						11:00 Aqua: Zumba		11 am
11:30								11:30
12 pm					LAP SWIM	LAP SWIM	LAP SWIM	12 pm
12:30	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		LAP SWIM	LAP SWIM	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								5 pm
5:30	5:30 Aqua: Movement							5:30
6 pm		6:00 Adult Swim Class				LAP SWIM ends 6:45 pm	LAP SWIM ends 6:45 pm	6 pm
6:30								6:30
7 pm					LAP SWIM ends 7:45 pm			7 pm
7:30								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 pm
8:30								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.