

***The pool has 4
lap lanes***

VRC Aquatics Center

November 2025 Lap Pool Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-8:00am Lap Swim- 4 Lanes	6:00-8:00am Lap Swim- 2 Lanes Swim Team-2 Lanes	6:00-8:00am Lap Swim- 4 Lanes			7:00-8:00am Lap Swim- 4 Lanes
	8-11:30am - POOL CLOSED - Water Fitness					
12:30-2:30pm Swim Team- 4 Lanes	11:30am-4:00pm Lap Swim- 4 Lanes	11:30am-3:15pm Lap Swim- 4 Lanes	11:30am-4:00pm Lap Swim- 4 Lanes	11:30am-3:15pm Lap Swim- 4 Lanes	11:30am-3:30pm Lap Swim- 4 Lanes	
		3:15-5:00pm Lap Swim- 1 Lane		3:15-5:00pm Lap Swim- 1 Lane		3:15-5:00pm Lap Swim- 2-4 Lanes (depending on crowd)
	4:00-6:00pm Swim Team- 4 Lanes	3:30-5:00pm Swim Team- 3 Lanes	4:00-6:00pm Swim Team- 4 Lanes	3:30-5:00pm Swim Team- 3 Lanes	3:30-8:00pm Swim Team- 4 Lanes	
		5-8pm POOL CLOSED- Water Fitness Swim Lessons		5-8pm POOL CLOSED- Water Fitness Swim Lessons	Pool Closes for the Day • Mon-Fri: 8:30pm • Sat: 6:30pm • Sun: 5:30pm	
	6:30-7:30pm Water Fitness					
2:30-5:30pm Lap Swim- 4 Lanes		7:30-8:30pm Lap Swim- 1 Lane		7:30-8:30pm Lap Swim- 1 Lane		
5:30-8:00pm Swim Team- 4 Lanes	7:30-8:30pm Swim Team- 4 Lanes	7:30-8:30pm Swim Team- 3 Lanes	7:30-8:30pm Swim Team- 4 Lanes	7:30-8:30pm Swim Team- 3 Lanes		