

Louisville Recreation & Senior Center Lap Pool

(6 Lanes, 25 meters)

Sept. 14 - 20, 2026

Schedule subject to change based on user group needs. For rules/regulations, please see our catalog; for questions or concerns, please contact Danny Weinstock at 303.335.4927 or dweinstock@louisvilleco.gov.

Program	Day	Time	Lanes
Lap Swim	Monday Wednesday	5:30am – 12:00pm	All lanes
		12:00pm - 1:00pm	5, 6
		1:00pm – 4:00pm	All lanes
		4:00pm – 5:30pm	3, 4, 5, 6
		5:30pm – 7:00pm	4, 5, 6
Lap Swim	Tuesday Thursday	7:00pm – 8:00pm	5, 6
		5:30am – 4:00pm	All lanes
		4:00pm – 6:15pm	3, 4, 5, 6
		6:15pm – 7:00pm	4, 5, 6
		7:00pm – 8:00pm	5, 6
Lap Swim	Friday	5:30am – 9:00am	All lanes
		10:00am – 12:00pm	All lanes
		12:00pm – 1:00pm	5, 6
		1:00pm – 6:45pm	All lanes
Lap Swim	Saturday	7:00am – 12:00pm	All lanes
		12:00pm – 2:30pm	5, 6
		2:30pm – 4:45pm	All lanes
Lap Swim	Sunday	7:00am – 8:00am	All lanes
		8:00am – 9:30am	5, 6
		9:30am – 4:45pm	All lanes
Adult Masters Swim	Monday Wednesday Friday	12:00pm – 1:00pm	1, 2, 3, 4
		12:00pm – 1:00pm	1, 2, 3, 4
		12:00pm – 1:00pm	1, 2, 3, 4
	Sunday	8:00am – 9:30am	1, 2, 3, 4
Stroke Clinics	Monday Wednesday	4:00pm – 5:30pm	1, 2
		5:30pm – 7:00pm	1, 2, 3
	Tuesday Thursday	4:00pm – 6:15pm	1, 2
		6:15pm – 7:00pm	1, 2, 3
Elevations Athletics	Monday - Thursday	7:00pm – 8:00pm	1, 2, 3, 4

AERO HIIT (Anastasia)	Friday	9:00am – 10:00am	All lanes
--------------------------	--------	------------------	-----------