Louisville Recreation & Senior Center Program Pool (4 Lanes, 25 yards)
Nov. 16 - 22, 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 and Water Exercise	Monday	5:30am – 9:00am 10:00am – 12:00pm 1:00pm – 4:45pm 7:00pm – 8:00pm	All lanes All lanes All lanes All lanes
	Tuesday	5:30am – 8:00am 8:00am – 9:00am 1:00pm – 3:45pm 3:45pm – 4:30pm 7:15pm – 8:00pm	All lanes 2, 3, 4 All lanes 3, 4 All lanes
	Wednesday	5:30am – 10:00am 11:00am – 5:00pm 5:00pm – 6:30pm 7:30pm – 8:00pm	All lanes All lanes 2, 3 All lanes
	Thursday	5:30am – 8:45am 8:45am – 9:00am 11:30am – 12:15pm 1:00pm – 3:45pm 3:45pm – 4:30pm 7:15pm – 8:00pm	All lanes 3, 4 All lanes All lanes 3, 4 All lanes
	Friday	5:30am – 10:15am 11:15am – 12:00pm 1:00pm – 4:45pm 4:45pm – 6:45pm	All lanes All lanes All lanes 3, 4
	Saturday	7:00am – 8:00am	All lanes
	Sunday	7:00am – 9:00am 9:00am – 12:00pm	All lanes 2, 3

Group Swim Lessons	Tuesday	3:45pm – 4:30pm 4:30pm – 7:15pm	1, 2 All lanes
	Thursday	8:45am – 10:00am 3:45pm – 4:30pm 4:30pm – 7:15pm	1, 2 1, 2 All lanes
	Friday	4:45pm – 6:45pm	1, 2
	Saturday	8:00am – 12:15pm	All lanes
Mini-Private Swim Lessons	Wednesday	5:00pm – 7:00pm	1/4
	Sunday	9:00am – 12:00pm	1/4

Water Aerobics Classes (See Aquafit schedule for class details)	Monday	9:00am – 10:00am 12:00pm – 1:00pm	All lanes All lanes
	Tuesday	9:00am – 10:00am 10:30am – 11:30am 12:00pm – 1:00pm	All lanes All lanes All lanes
	Wednesday	10:00am – 11:00am 5:30pm – 6:15pm 6:30pm – 7:30pm	All lanes All lanes All lanes
	Thursday	9:00am – 10:00am 10:30am – 11:30am 12:15pm – 1:00pm	All lanes All lanes All lanes
	Friday	10:15am – 11:15am 12:00pm – 1:00pm	All lanes All lanes

Lifeguard Training	Saturday/Sunday	12:00pm – 4:45pm	All lanes
RISE Water Polo	Monday	4:45pm – 7:00pm	All lanes