



NBRC Lap Pool

October

Pool schedule is subject to change. Please check the bottom of the page for anticipated changes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00am	Lap Swim 6:00-9:00	Lap Swim 6:00-12:00	6 lanes open 6:00-7:00 BHS	Lap Swim 6:00-12:00	6 lanes open 6:00-7:00 BHS	Lap Swim			
6:30am			Lap Swim 7:00-9:00		Lap Swim 7:00-9:00			Lap Swim 7:00-9:00	4 lanes open 7:00-9:00 Boulder Swimming
7:00am						Lap Swim 8:00-9:30 BAM			
7:30am									
8:00am						4 lanes open 9:00-10:00 Drop-in H ₂ O Fit			
8:30am			3 lanes open 10:30-11:30 BAM						
9:00am	Lap Swim 11:00-1:00								
9:30am		Lap Swim 10:30-1:00							
10:00am	Lap Swim 11:30-5:00								
10:30am		Lap Swim 1:00-4:00							
11:00am	Lap Swim 1:00-4:00								
11:30am		Lap Swim 1:00-4:00							
12:00pm	Lap Swim 1:00-4:00								
12:30pm		Lap Swim 1:00-4:00							
1:00pm	Lap Swim 1:00-4:00								
1:30pm		Lap Swim 1:00-4:00							
2:00pm	Lap Swim 1:00-4:00								
2:30pm		Lap Swim 1:00-4:00							
3:00pm	Lap Swim 1:00-4:00								
3:30pm		Lap Swim 1:00-4:00							
4:00pm	Lap Swim 1:00-4:00								
4:30pm		Lap Swim 1:00-4:00							
5:00pm	Lap Swim 1:00-4:00								
5:30pm		Lap Swim 1:00-4:00							
6:00pm	Lap Swim 1:00-4:00								
6:30pm		Lap Swim 1:00-4:00							
7:00pm	Lap Swim 1:00-4:00								
7:30pm		Lap Swim 1:00-4:00							
8:00pm	Lap Swim 1:00-4:00								
8:30pm		Lap Swim 1:00-4:00							
9:00pm	Lap Swim 1:00-4:00								

"Lanes open" indicates lanes open to the public.

10/17 BAM Monday, Tu/Th, and Sunday practices begin

10/18 Scuba in 3 lanes 10:45-1:45, No BAM practice