

Lap Swim

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lap Swim 8:00am-12:00pm	2 * Lap Swim 5:30am-8:30am 11:30am-1:30pm *6:00pm-8:30pm	3 Lap Swim 5:30am-8:30am	4 Lap Swim 5:30am-8:30am 11:30am-1:30pm *6:00pm-8:30pm	5 Lap Swim 5:30am-8:30am	6 Lap Swim 5:30am-8:30am 11:30am-1:30pm *6:00pm-8:30pm	7 Lap Swim 8:00am-12:00pm
8 Lap Swim 8:00am-12:00pm	9 Lap Swim 5:30am-8:30am 11:30am-1:30pm *6:00pm-8:30pm	10 Lap Swim 5:30am-8:30am	11 Lap Swim 5:30am-8:30am 11:30am-1:30pm *6:00pm-8:30pm	12 Lap Swim 5:30am-8:30am	13 Lap Swim 5:30am-8:30am 11:30am-1:30pm *6:00pm-8:30pm	14 Lap Swim 8:00am-12:00pm
15 Lap Swim 8:00am-12:00pm	16 Lap Swim 5:30am-8:30am 11:30am-1:30pm *6:00pm-8:30pm	17 Lap Swim 5:30am-8:30am	18 Lap Swim 5:30am-8:30am 11:30am-1:30pm 6:00pm-8:30pm	19 Lap Swim 5:30am-8:30am	20 Lap Swim 5:30am-8:30am 11:30am-1:30pm *6:00pm-8:30pm	21 Lap Swim 8:00am-12:00pm
22 Lap Swim 8:00am-12:00pm	23 Lap Swim 5:30am-8:30am 11:30am-1:30pm *6:00pm-8:30pm	24 Lap Swim 5:30am-8:30am	25 Lap Swim 5:30am-8:30am 11:30am-1:30pm *6:00pm-8:30pm	26 Lap Swim 5:30am-8:30am	27 Lap Swim 5:30am-8:30am 11:30am-1:30pm *6:00pm-8:30pm	28 Lap Swim 8:00am-12:00pm
29 Lap Swim 8:00am-12:00pm	30 Lap Swim 5:30am-8:30am 11:30am-1:30pm 6:00pm-8:30pm	31 Lap Swim 5:30am-8:30am				

Lap Swim Notes

* Pool shared with WS Dolphins Swim Clinics

All lap lanes are shareable. You may be asked to share a lane.

Lap swim hours shift through the year to support RCHS students (per joint-use) working toward academic and athletic goals, organized youth swim programs, and other recreation activities.

Evening lap swim has dedicated lanes. The pool is shared with West Sacramento Dolphins Swim Team practice during noted hours

Family Lap Swim

- Children may swim laps during the same time and lane as their parent/guardian.
- The parent/guardian must be in the water at all times.
- Children must be able to swim continuously without assistance, instruction, or flotation devices (e.g., life jackets).



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Swim lessons, youth water polo clinics, and recreation swim available seasonally