

# Lap Swim

# April 2026

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

### Lap Swim Notes

**\* Pool shared with WS Dolphins Swim Team (shallow lane my not be available)**

**\*\* Seasonal hour change and is not permanent.**

**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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Reg site

### More Programs

Aqua Fit available April - October

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