

Lap Swim

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Lap Swim 5:30am-8:30am 11:30am-1:30pm 6:00pm-8:30pm	2 Lap Swim ** 8:00am-1:00pm Water Polo Drop in 11:30am-1:00pm
3 Lap Swim 8:00am-12:00pm	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 NO LUNCH 6:00pm-8:30pm	7 Lap Swim 5:30am-8:30am	8 Lap Swim 5:30am-8:30am *11:30am-1:30pm 6:00pm-8:30pm	9 CLOSED DUE TO DOLPHINS SWIM MEET
10 Lap Swim 8:00am-12:00pm	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 5:30am-8:30am	15 Lap Swim 5:30am-8:30am *11:30am-1:30pm 6:00pm-8:30pm	16 Lap Swim ** 8:00am-1:00pm Water Polo Drop in 11:30am-1:00pm
17 Lap Swim 8:00am-12:00pm	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 5:30am-8:30am	22 Lap Swim 5:30am-8:30am *11:30am-1:30pm 6:00pm-8:30pm	23 Lap Swim ** 8:00am-1:00pm Water Polo Drop in 11:30am-1:00pm
24/31 Lap Swim 8:00am-12:00pm	25 CLOSED DUE TO MEMORIAL DAY	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 5:30am-8:30am	29 Lap Swim 5:30am-8:30am 11:30am-1:30pm 6:00pm-8:30pm	30 Lap Swim ** 8:00am-1:00pm Water Polo Drop in 11:30am-1:00pm

Lap Swim Notes

*** Lap lanes will be limited due to pool being shared with HS PE Swim Unit - Begins on May 4th and ends May 22nd**

**** 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).



Visit our
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More Programs

Aqua Fit available seasonally

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



Lap Swim
Etiquette



Aquatic Facility Information

Our pool is dedicated to lap swimming, scheduled programs, and recreation swim as outlined in the pool schedule. A lifeguard must be on duty to enter the water for everyone's safety. The pool temperature is maintained between 78–82°F. To ensure a safe, comfortable, and inclusive experience for all participants, please adhere to the safety, swim attire, and lap pool policies and etiquette.

Safety

No Diving: Diving is prohibited in shallow areas of the pool.

No Glass

No Food: Food is not allowed in the pool.

No Running on the pool deck

Severe Weather: The pool will not operate during severe weather conditions.

Accommodations: Contact our aquatics staff if you require special accommodations.

Swim Attire Policy

Encouraged Swim Attire Swim trunks, swimsuits, athletic apparel, jammers, swim shirts/rash guards, wetsuits, and swim diapers.

Prohibited Swim Attire Denim, undergarments, excessively baggy or soiled clothing. Clothing with metal features (e.g., zippers, rivets, chains) are prohibited on slides.

All participants must follow Lap Swim Etiquette.

Misuse or abuse of lap swim etiquette may result in being asked to leave.

Lap Lanes are reserved for lap swimming only.

Select a lane suited to your swim speed. If there's an empty lane, use it.

If a lane is occupied, notify the swimmer before entering.

Agree on whether to circle swim or split the lane.

If a swimmer taps your foot, it's a signal they want to pass.

Rest at the side of the lane, not the middle, when sharing a lane.

Be respectful and enjoy your swim!

Family Lap Swim - Designated Hours Only

- Children 13 & under 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).

Aqua Fit Group Exercise Class: Typically offered March - November, this class focuses on low-impact aerobic exercises in shallow and deep water. Check the Group Exercise schedule and make a reservation online.

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