

Lap Swim



June 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 5:30am-8:30am | 3 Lap Swim 5:30am-8:30am 11:30am-1:30pm 6:00pm-8:30pm | 4 Lap Swim 5:30am-8:30am | 5 Lap Swim 5:30am-8:30am 11:30am-1:30pm 6:00pm-8:30pm | 6* Lap Swim 8:00am-5:00pm |
| 7 Lap Swim 8:00am-5:00pm | 8 Lap Swim 5:30am-3:55pm 6:00pm-8:00pm | 9 Lap Swim 5:30am-3:55pm 6:00pm-8:00pm | 10 Lap Swim 5:30am-3:55pm 6:00pm-8:00pm | 11 Lap Swim 5:30am-3:55pm 6:00pm-8:00pm | 12 Lap Swim 5:30am-8:30am 11:30am-3:55pm 6:00pm-8:00pm | 13 CLOSED DUE TO DOLPHINS SWIM MEET |
| 14 Lap Swim 8:00am-5:00pm | 15 Lap Swim 5:30am-3:55pm 6:00pm-8:00pm | 16 Lap Swim 5:30am-3:55pm 6:00pm-8:00pm | 17 Lap Swim 5:30am-3:55pm 6:00pm-8:00pm | 18 Lap Swim 5:30am-3:55pm 6:00pm-8:00pm | 19 Lap Swim * 5:30am-8:30am 11:30am-3:55pm | 20 Lap Swim 8:00am-5:00pm |
| 21 Lap Swim 8:00am-5:00pm | 22 Lap Swim 5:30am-3:55pm 6:00pm-8:00pm | 23 Lap Swim 5:30am-3:55pm 6:00pm-8:00pm | 24 Lap Swim 5:30am-3:55pm 6:00pm-8:00pm | 25 Lap Swim 5:30am-3:55pm 6:00pm-8:00pm | 26 Lap Swim 5:30am-8:30am 11:30am-3:55pm 6:00pm-8:00pm | 27 CLOSED DUE TO DOLPHINS SWIM MEET |
| 28 Lap Swim 8:00am-5:00pm | 29 Lap Swim 5:30am-3:55pm 6:00pm-8:00pm | 30 Lap Swim 5:30am-3:55pm 6:00pm-8:00pm | | | | |

Lap Swim Notes

* **Summer hours starting 6/6/26**

* **Modified hours due to Juneteenth; facility will close at 5pm**

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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Lap Swim
Etiquette