

# Lap Lanes *\*Times are subject to change\**

# July

# 2025

LCP= Long course swim practice. Hot tub and steam room open and, if available, some lanes can be used. FAST=Fremont Area Swim Team MA= Masters

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 LCP= 6:00-7:45am FAST= 8:00-9:30 MA= 8:00-10:00am	2 LCP= 6:00-7:45am FAST= 8:00-9:30 MA= 8:00-10:00am	3 LCP= 6:00-7:45am FAST= 8:00-9:30 MA= 8:00-10:00am	4 Closed	5 LCP=7:30-Close
6 CLOSED	7 LCP= 6:00-7:45am FAST= 8:00-9:30 MA= 8:00-10:00am LCP= 4:00-Close	8 LCP= 6:00-7:45am FAST= 8:00-9:30 MA= 8:00-10:00am	9 LCP= 6:00-7:45am FAST= 8:00-9:30 MA= 8:00-10:00am	10 LCP= 6:00-7:45am FAST= 8:00-9:30 MA= 8:00-10:00am	11 Closed Swim Meet	12 Closed Swim Meet
13 Closed Swim Meet	14 LCP= 6:00-7:45am FAST= 8:00-9:30 MA= 8:00-10:00am LCP= 4:00-Close	15 LCP= 6:00-7:45am FAST= 8:00-9:30 MA= 8:00-10:00am	16 LCP= 6:00-7:45am FAST= 8:00-9:30 MA= 8:00-10:00am	17 LCP= 6:00-7:45am FAST= 8:00-9:30 MA= 8:00-10:00am	18 Closed Swim Meet	19 Closed Swim Meet
20 Closed Swim Meet	21 LCP= 6:00-7:45am FAST= 8:00-9:30 MA= 8:00-10:00am LCP= 4:00-Close	22 LCP= 6:00-7:45am FAST= 8:00-9:30 MA= 8:00-10:00am	23 LCP= 6:00-7:45am FAST= 8:00-9:30 MA= 8:00-10:00am	24 LCP= 6:00-7:45am FAST= 8:00-9:30 MA= 8:00-10:00am	25 LCP= 6:00-7:45am FAST= 8:00-9:30 MA= 8:00-10:00am LCP= 4:00-Close	26 Closed Swim Meet
27 Closed Swim Meet	28 LCP= 6:00-7:45am FAST= 8:00-9:30 MA= 8:00-10:00am LCP= 4:00-Close	29 LCP= 6:00-7:45am FAST= 8:00-9:30 MA= 8:00-10:00am	30 LCP= 6:00-7:45am FAST= 8:00-9:30 MA= 8:00-10:00am	31 LCP= 6:00-7:45am FAST= 8:00-9:30 MA= 8:00-10:00am		