

INDOOR LAP POOL POLICIES

- Swimmers under the age of 12 must be lap swimming -and- must be accompanied by a parent.

- For reasons of health and safety the hot tub, steam room and sauna are for use by ages 12 and up only.

LAP SWIMMING ETIQUETTE

- Swimmers are expected to circle swim / share lanes when individual lanes are full.

- If possible, swimmers should position themselves in lanes by skill level and/or similar lap swim workouts.

- If you are faster than the person in front of you, simply graze their foot a time or two. This should signal them to “pull over” at the next wall to allow you to pass. Do not grab or aggressively swipe at the swimmer’s feet.

- When circle swimming, should the swimmer behind you graze your feet more than once, or simply be swimming a faster pace, it is proper etiquette to “pull over” at the next wall and allow them to pass.

Indoor Lap Pool Schedule

effective

Monday, June 21 through
Sunday, September 12, 2010

posted June 17, 2010



2975 W. Liberty Rd. • Ann Arbor, MI 48103

www.libertyathletic.net • 734.665.3738

**Indoor
Lap Pool
Schedule
JUNE 21 -
SEPT 12**

LANES

Lane 1 =
lane including the pool stairs

Lane 4 =
lane nearest the steam room

Guaranteed Lap Swimming. Circle swimming is expected.

R = Reserved for Private Instruction &/or Club Programs. If lanes are not occupied, they are open for Lap Swim.

Pool is Closed

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY			
	lane 1	lane 2	lane 3	lane 4	lane 1	lane 2	lane 3	lane 4	lane 1	lane 2	lane 3	lane 4	lane 1	lane 2	lane 3	lane 4	lane 1	lane 2	lane 3	lane 4	lane 1	lane 2	lane 3	lane 4	lane 1	lane 2	lane 3	lane 4
5:30	L	L	L	L		L	L	L		L	L	L		L	L	L												
6:00									L	L	L	L									CLUB OPENS AT 7:30am				CLUB OPENS AT 7:30am			
6:30													L	L	L	L					CLUB OPENS AT 7:30am				CLUB OPENS AT 7:30am			
7:00					L	L	L						L	L	L	L					CLUB OPENS AT 7:30am				CLUB OPENS AT 7:30am			
7:30					L	L	L						L	L	L	L					CLUB OPENS AT 7:30am				CLUB OPENS AT 7:30am			
8:00									CLOSED 7:00-9:00am (maintenance)								L	L	L	L	CLOSED 7:30-9:00am (advanced lap swim wrkt)				L	L	L	L
8:30																					CLOSED 7:30-9:00am (advanced lap swim wrkt)				L	L	L	L
9:00																					CLOSED 7:30-9:00am (advanced lap swim wrkt)				L	L	L	L
9:30																					CLOSED 7:30-9:00am (advanced lap swim wrkt)				L	L	L	L
10:00																					CLOSED 7:30-9:00am (advanced lap swim wrkt)				L	L	L	L
10:30																					CLOSED 7:30-9:00am (advanced lap swim wrkt)				L	L	L	L
11:00	R				R				R				R				R				CLOSED 7:30-9:00am (advanced lap swim wrkt)				R	L	L	L
11:30																					CLOSED 7:30-9:00am (advanced lap swim wrkt)				R	L	L	L
12:00																					CLOSED 7:30-9:00am (advanced lap swim wrkt)				R	L	L	L
12:30																					CLOSED 7:30-9:00am (advanced lap swim wrkt)				R	L	L	L
1:00																					CLOSED 1-2pm (H2O Fitness)				R	L	L	L
1:30																					CLOSED 1-2pm (H2O Fitness)				R	L	L	L
2:00																					CLOSED 1-2pm (H2O Fitness)				R	L	L	L
2:30																					CLOSED 1-2pm (H2O Fitness)				R	L	L	L
3:00																					CLOSED 1-2pm (H2O Fitness)				R	L	L	L
3:30																					CLOSED 1-2pm (H2O Fitness)				R	L	L	L
4:00																					CLOSED 1-2pm (H2O Fitness)				R	L	L	L
4:30	R				R				R				R				R				CLOSED 1-2pm (H2O Fitness)				R	L	L	L
5:00																					CLOSED 1-2pm (H2O Fitness)				R	L	L	L
5:30																					CLOSED 1-2pm (H2O Fitness)				R	L	L	L
6:00																					CLOSED 1-2pm (H2O Fitness)				R	L	L	L
6:30																					CLOSED 1-2pm (H2O Fitness)				R	L	L	L
7:00																					CLOSED 1-2pm (H2O Fitness)				R	L	L	L
7:30																					CLOSED 1-2pm (H2O Fitness)				R	L	L	L
8:00																					CLOSED 1-2pm (H2O Fitness)				R	L	L	L
8:30																					CLOSED 1-2pm (H2O Fitness)				R	L	L	L
9:00																					CLOSED 1-2pm (H2O Fitness)				R	L	L	L
9:30																					CLOSED 1-2pm (H2O Fitness)				R	L	L	L