

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, January 4 through
Sunday, February 28, 2010

revised January 29, 2010



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

www.libertyathletic.net • 734.665.3738

**Indoor
Lap Pool
Schedule
JAN. 4 -
FEB. 28**

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																				
6:00																																
6:30																																
7:00	L	L	L	L	L	L	L	L					L	L	L	L	L	L	L	L												
7:30	P	P	P	P	P	P	P	P	7:00-10:00am CLOSED (maintenance)				P	P	P	P	L	L	L	L												
8:00		S	S	S	S	S	S	S						S	S	S		S	S	S	L	L	L	L					L	L	L	L
8:30		W	W	W	W	W	W	W						W	W	W		W	W	W										L	L	L
9:00		I	I	I	I	I	I	I																								
9:30																																
10:00																																
10:30										L	L	L																				
11:00	R				R				R				R				R															
11:30																																
12:00																																
12:30																																
1:00	1-2pm CLOSED (H2O Fitness)								1-2pm CLOSED (H2O Fitness)								1-2pm CLOSED (H2O Fitness)															
1:30						L	L	L																								
2:00																																
2:30																																
3:00	R	L	L	L	R	S	S	S	R	L	L	L	R	S	S	S	R	L	L	L	R	L	L	L	R	L	L	L	R	L	L	L
3:30																																
4:00																																
4:30	4:45-7:00pm CLOSED (clinics)																															
5:00																																
5:30																																
6:00																																
6:30																																
7:00																																
7:30	R				R																											
8:00	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L									L	L	L	L
8:30																																
9:00																																
9:30																																

NOTE
Sunday, February 7:
Pool is **CLOSED**
10:30am-5:00pm
for a special
one-day program
'Scuba Party.'

All other Sundays
are as shown
on this
schedule.