

Indoor Lap Pool Schedule

LANES

Lane 1 = Closest to Lobby

Lane 4 = Closest to Steam Room

BLUE = Lap Swimming. Circle Swimming is expected.

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

Pool is Closed

Lane	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY					
	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4		
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INDOOR LAP POOL POLICIES

- Swimmers under the age of 15 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.
- For the safety of all swimmers please notify the swimmer in the lane before entering the pool to share the lane.
- 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

Winter 2019



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2975 W. Liberty Rd., Ann Arbor, MI 48103
Phone 734.665.3738 • Fax 734.665.6353
www.libertyathletic.net