

# 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			
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**CLUB OPENS at 7:30am**

**R**  
*Advanced Lap Swim Workout*

**R**

**R**

**R**

**R**

**R**

**R**

**R**

**R**

**CLUB CLOSSES at 7:30pm**

**CLUB CLOSSES at 9:00pm**

**1:15-2:15 RESERVED (H2O Fitness)**

**1:15-2:15 RESERVED (H2O Fitness)**

**1:15-2:15 RESERVED (H2O Fitness)**

**R (Tri)**

**R (Tri)**

**R (Tri)**

**R (Tri)**

**R (Tri)**

**R (Tri)**

**R (Tri)**

**CLUB CLOSSES at 9:00pm**

**CLUB CLOSSES at 9:00pm**

## **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**

Fall 2018

*revised September 4, 2018*



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