

**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 |
| 5:30  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 6:00  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 6:30  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 7:00  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 7:30  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 8:00  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 8:30  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 9:00  | R      |  |   |   | R       |   |   |   |           | R |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 9:30  | R      |  |   |   | R       |   |   |   |           | R |  |   |          |   |   |   |        |   |   |   |          | R |   |   |        |   |   |   |
| 10:00 |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 10:30 |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   | R      |   |   |   |          |   |   |   |        | R |   |   |
| 11:00 |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 11:30 |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 12:00 |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 12:30 |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 1:00  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 1:30  |        | 1:15-2:15<br>RESERVED<br>(H2O Fitness) |   |   |         |   |   |   |           |   | 1:15-2:15<br>RESERVED<br>(H2O Fitness) |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 2:00  |        | 1:15-2:15<br>RESERVED<br>(H2O Fitness) |   |   |         |   |   |   |           |   | 1:15-2:15<br>RESERVED<br>(H2O Fitness) |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 2:30  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 3:00  | R      |  |   |   |         |   |   |   |           | R |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 3:30  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 4:00  |        |  |   |   |         |   |   |   |           |   |  |   | R        |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 4:30  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 5:00  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 5:30  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 6:00  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 6:30  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 7:00  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 7:30  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 8:00  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 8:30  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 9:00  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |
| 9:30  |        |  |   |   |         |   |   |   |           |   |  |   |          |   |   |   |        |   |   |   |          |   |   |   |        |   |   |   |

**CLUB OPENS  
at 7:00am**

**R**  
*Advancd  
Lap Swim  
Workout*

**CLUB CLOSES  
at 9:00pm**

**CLUB CLOSES  
at 8:00pm**

**CLUB CLOSES  
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** Summer 2019

*revised June 10, 2019*



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