

# 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																					<b>CLUB OPENS at 7:00am</b>				<b>CLUB OPENS at 7:00am</b>			
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1:30	<b>1:15-2:15 RESERVED (H2O Fitness)</b>								<b>1:15-2:15 RESERVED (H2O Fitness)</b>																			
2:00	<b>1:15-2:15 RESERVED (H2O Fitness)</b>								<b>1:15-2:15 RESERVED (H2O Fitness)</b>																			
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9:00													<b>CLUB CLOSSES at 9:00pm</b>								<b>CLUB CLOSSES at 9:00pm</b>							
9:30																					<b>CLUB CLOSSES at 9:00pm</b>				<b>CLUB CLOSSES at 9:00pm</b>			

**R**  
*Advncd Lap Swim Workout*

**R**  
*Tri-Fit 1/12-3/22*

**R**  
*Tri-Fit Brick 1/10-3/13*

**R**

**R**

**R**

**R**

**R**

**R**

**R**

**R**

## **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 2020



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