

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																					CLUB OPENS at 7:00am				CLUB OPENS at 7:00am			
6:30																												
7:00																												
7:30																												
8:00																												
8:30																												
9:00																												
9:30																												
10:00																												
10:30																												
11:00																												
11:30																												
12:00																												
12:30																												
1:00																												
1:30	1:15-2:15 RESERVED (H2O Fitness)								1:15-2:15 RESERVED (H2O Fitness)								1:15-2:15 RESERVED (H2O Fitness)											
2:00																												
2:30																												
3:00																												
3:30	R																											
4:00																												
4:30		R																										
5:00																												
5:30																												
6:00																												
6:30		R																										
7:00																												
7:30																												
8:00																												
8:30																												
9:00																												
9:30																												

CLUB OPENS at 7:00am

R
Advncd Lap Swim Workout

R
Tri-Fit Brick 4/14-5/19

R
Tri Goddess 4/17-6/14

R
Tri Goddess 4/17-6/14

R

R

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

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

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

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

R
Kids Tri 4/26-5/17

CLUB CLOSSES at 8:00pm

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 Spring 2019

revised April 3, 2019



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