# Lap Pool Lane Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| 5:00 AM – 5:30am | Lap swim (8) | Lap swim (8) | Lap swim (8) | Lap swim (8) | Lap swim (8) | ▮ | ▮ |
| 6:00am | Water ex (4) Lap swim (4) | Masters (6) Lap swim (2) | Water ex (4) Lap swim (4) | Masters (6) Lap swim (2) | Water ex (4) Lap swim (4) | Lap swim (8) | ▮ |
| 6:30am | | | | | | Masters (6) Lap swim (2) | ▮ |
| 7:00am – 8:30am | Lap swim (8) | Lap swim (8) | Lap swim (8) | Lap swim (8) | Lap swim (8) | | ▮ |
| 9:00am – 9:30am | Water ex (4) Lap swim (4) | | Water ex (4) Lap swim (4) | | Water ex (4) Lap swim (4) | | ▮ |
| 10:00am – 10:30am | Water ex (4) Lap swim (2) Swim Lessons (2) | Lap swim (6) Swim Lessons (2) | Water ex (4) Lap swim (2) Swim Lessons (2) | Lap swim (6) Swim Lessons (2) | | Lap swim (8) | Lap swim (8) |
| 11:00am – 11:30am | Lap swim (6) Swim Lessons (2) | | Lap swim (6) Swim Lessons (2) | | | | |
| 12:00pm – 12:30pm | Lap swim (8) | Lap swim (8) | Lap swim (8) | Lap swim (8) | Lap swim (8) | | |
| 1:00pm – 2:30pm | | | | Lap pool Closed 1p-3p | | | |
| 3:00pm – 4:30pm | | | | Lap swim (8) | | | |
| 5:00pm – 5:30pm | Lap swim (6) Swim Lessons (2) | Lap swim (6) Swim Lessons (2) | | Lap swim (6) Swim Lessons (2) | | | |
| 6:00pm – 6:30pm | | | Water ex (4) Lap swim (4) | | | | ▮ |
| 7:00pm – 7:30pm | Lap swim (8) | Lap swim (8) | Lap swim (8) | Lap swim (8) | | ▮ | ▮ |

(#) is equal to the number of lanes available for specific timeframe.
Schedule subject to change with little to no notice due to programing, special events, or weather.

# GENERAL LAP GUIDELINES

## 1. Before Jumping in

- Be prepared to share a lane with other swimmers.
- Maximum of 3 people per lane.
- If there is already a swimmer in your lane, use the split lap technique. Swim down and back near the same rope.
- If there are two swimmers in the lane, use the circle swim technique. Swim counter-clockwise with the ropes on your right shoulder.
- Choose the lane that best fits your swimming ability and speed before entering the water.
- For everyone's safety, upon entering an occupied lane, make sure the other swimmer(s) is aware you will be sharing the space.

## 2. Entering the Pool

- Safely enter the water and start swimming, giving yourself ample time and space between the other lap swimmers. This should be about 5 seconds.
- Stay aware of where the other lap swimmers are in your lane.

## 3. While Lap Swimming

- Be polite to swimmers of varying skill levels.
- To indicate you need to pass someone, gently tap the swimmer on the toes. If someone needs to pass you, stop at the nearest end and move into the corner to allow the swimmer to pass.

### 1 OR 2 SWIMMERS: SIDE BY SIDE SWIM

### 3 SWIMMERS: CIRCLE SWIM

### Lap Swim Has Priority in Designated Lanes During Water Exercise Classes

While water exercise classes are in progress, lap swimming has priority in all other lanes not being used by the water exercise class.

### Water Exercise Outside of Class = Lane Sharing

Swimmers doing water exercise on their own may share a lane — up to 3 people max. Courtesy and cooperation are key.

Swimmers should always respect each other and YMCA staff.