Lower Pool Available Lap Lanes

Effective thru May 29th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:00am **5 Lanes**	5:30-8:00am **5 Lanes**	5:30-8:00am **5 Lanes**	5:30-8:00am **5 Lanes**	5:30-8:00am **5 Lanes**		
8:00-10:00am **4 Lanes** Physical Therapy	8:00-9:00am **4 Lanes** Physical Therapy	8:00-10:00am **4 Lanes** Physical Therapy	8:00-9:00am **4 Lanes** Physical Therapy	8:00-9:00am **4 Lanes** Physical Therapy	7:00-9:00am **5 Lanes**	7:00-9:00am **5 Lanes**
10:00-11:15am **0 Lanes** MudSharks	9:00-10:00am **2 Lanes** Water Exercise	10:00-11:15am **0 Lanes** MudSharks	9:00-10:00am **2 Lanes** Water Exercise	9:00-10:00am **2 Lanes** Water Exercise	9:00-10:00am **1 Lane** Water Exercise	9:00-10:30am **2 Lanes** Special Olympics
	10:00am-3:15pm **4 Lanes** Phy Therapy/Rec		10:00-11:00am **4 Lanes** Phy Therapy	10:00-11:15am **0 Lanes** MudSharks	10:00am-1:00pm **3 Lanes** Lessons/Rec	10:30am-1:00pm **4 Lanes** Rec Swim
11:15am-1:00pm **4 Lanes** Physical Therapy		11:15am-1:00pm **4 Lanes** Physical Therapy	11:00am-3:15pm **4 Lanes** Phy Th/Rec	11:15am-1:00pm **4 Lanes** Physical Therapy		
1:00-2:00pm **1 Lane** Water Aerobics		1:00-2:00pm **1 Lane** Water Aerobics		1:00-2:00pm **1 Lane** Water Aerobics	1:00-4:00pm **1 Lane** Rec Swim	1:00-4:00pm **1 Lane** Rec Swim
2:00-3:15pm **4 Lanes** Physical Therapy		2:00-3:15pm **4 Lanes** Physical Therapy		2:00-3:15pm **4 Lanes** Physical Therapy		
3:15-8:15pm **0 Lanes** Sting/Mudshar/Rec	3:15-6:45pm **0 Lanes** Stingrays/Rec	3:15-8:15pm **0 Lanes** Sting/Mudshar/Rec	3:15-6:45pm **0 Lanes** Stingrays/Rec	3:15-6:45pm **0 Lanes** Stingrays/Rec	4:00-7:50pm **4 Lanes** Rec Swim	4:00-7:50pm **4 Lanes** Rec Swim
8:15-9:50pm **5 Lanes**	6:45-9:50pm **5 Lanes**	8:15-9:50pm **5 Lanes**	6:45-9:50pm **5 Lanes**	6:45-9:50pm **5 Lanes**		

SCHEDULED ACTIVITIES IN LOWER POOL (except where noted)

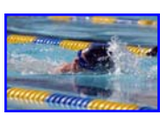
- ⇨ Monday thru Friday pool closed at 9:50pm ~ Saturday & Sunday closed at 7:50pm
- ⇨ Swim Lessons Monday 3-6pm in ***Upper Pool***, Saturday 10-12 ⇨Stingrays M~F 3:15-6:45pm
- ⇨ Diving Well CLOSED M/W 9-10 & Tues/Thurs 6-7pm
- ⇨ Rec Swim Mon~Fri 3-6pm (limited space), S & S 12:00-6:00pm
- ⇨ Water Ex: M/W/F, 1-2pm and T/Th/Fri/Sat, 9-10am ⇨Special Olympic Swimmers, Sun 9:00-10:30am
- ⇨ Stingrays Clinics 10am-12noon, 0 lanes available on 5/10
- ⇨ MudSharks: M/W/F, 10-11:15am and Mon Wed, 7-8:15pm
- ⇨ Physical Therapy: M~F, 8-10am, 11:30am-12:30pm & 2-3pm ***LOWER & UPPER POOLS***
- ⇨ Families with special needs youth may lap swim w/parental supervision in ***LOWER*** OR ***UPPER POOL***
- ⇨ Stingray Home Swim Meets, Saturdays, 7am-3pm, May 17 & 31 and June 14 & 28
- ⇨ School Parties, 10am-2pm, May 27 & 30, June 2, 3, 4, 5, 6 & 10

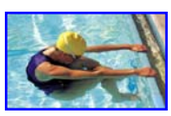
BEST TIMES TO USE LANES

⇨M/W 5:30-9am, 11:30-1pm, 6-7pm, 8:15-9:45pm ⇨T/Th 5:30-9am, 10-3:15pm, 6-9:45pm ⇨Friday 5:30-9am, 11:30-1pm, 6-9:45pm
⇨Saturday 7-9am, 11am-12pm, 6-7:45pm ⇨Sunday 7-12pm, 6-7:45pm

LANE SHARING / Always be prepared to share a lane.

⇨**SPLIT LANE:** Swim/Walk/Run straight laps w/one person on the right side & one person on the left side of lane
⇨**CIRCLE SWIM:** Swim/Walk/Run in a counter clockwise circular pattern. To pass or over-take another swimmer, move to the middle of lane & pass on swimmer's left side. This method can accomodate more than two people.





Upper Pool Lap Lane Availability

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:00am **5 Lanes**	5:30-8:00am **5 Lanes**	5:30-8:00am **5 Lanes**	5:30-8:00am **5 Lanes**	5:30-8:00am **5 Lanes**		
					7:00am-7:50pm **5 Lanes**	7:00am-7:50pm **5 Lanes**
8:00am-6:00pm **4 Lanes** Phy Ther/Lessons	8:00am-6:00pm **4 Lanes** Phy Ther/Lessons	8:00am-6:00pm **4 Lanes** Phy Ther/Lessons	8:00am-6:00pm **4 Lanes** Phy Ther/Lessons	8:00am-6:00pm **4 Lanes** Phy Ther/Lessons		
6:00-9:50pm **5 Lanes**	6:00-9:50pm **5 Lanes**	6:00-9:50pm **5 Lanes**	6:00-9:50pm **5 Lanes**	6:00-9:50pm **5 Lanes**		