

# INDOOR POOL SCHEDULE

## TUESDAY & THURSDAY

PHYSIQUE SWIMMING + OPEN PLAY **3:40PM - 5:40PM** LEFT & MIDDLE LANES RESERVED\*  
SWIM TEAM **8:00PM - 9:00PM** LEFT & MIDDLE LANES RESERVED\*

## WEDNESDAY

OPEN PLAY **3:00PM - 5:00PM** LEFT LANE RESERVED\*

## SATURDAY

OPEN PLAY **1:00PM - 3:00PM** LEFT LANE RESERVED\*

## SUNDAY

OPEN PLAY **1:00PM - 3:00PM** LEFT LANE RESERVED\*

### LAP SWIMMING - LANE RULES

IF YOU ARE ALONE IN A LANE, YOU MAY SWIM FOLLOWING THE MIDDLE LINE.

IF THERE ARE TWO SWIMMERS IN THE LANE, IT CAN BE SPLIT INTO HALVES AND EACH SWIMMER SWIMS IN ONE HALF OF THE LANE.

IF THERE ARE MORE THAN TWO SWIMMERS IN THE LANE, YOU MUST CIRCLE SWIM. ALWAYS CIRCLE SWIM COUNTERCLOCKWISE, STAY ON THE RIGHT.

WHEN JOINING A LANE, SLOWLY ENTER THE WATER AND WAIT ON THE SIDE DURING ONE LAP UNTIL YOU HAVE NOTIFIED ALL SWIMMERS THAT YOU WILL JOIN THE LANE.

PLEASE BE COURTEOUS OF OTHERS WHEN SHARING A LANE AND MAINTAIN A TIGHT STROKE TO AVOID HITTING OR KICKING THE OTHER SWIMMER.

\*OPEN PLAY/CHILD-FRIENDLY IN LEFT LANE

### PHYSIQUE SWIMMING

EXPERIENCED SWIM INSTRUCTORS WILL USE DYNAMIC TEACHING METHODS TO TAKE YOU FROM A BEGINNER TO MASTER SWIMMER

### SWIM TEAM

PERFECT YOUR TECHNIQUE AND LEARN NEW STROKES WITH OUR PHYSIQUE SWIM COACHES

### POOL HOURS

**M-TH** 5:30AM - 10:00PM

**FRI** 5:30AM - 9:00PM

**SAT** 7:00AM - 8:00PM

**SUN** 8:00AM - 8:00PM