

# Competition Pool Schedule

- ☐ Schedule will be in effect August 15, 2009 to March 15, 2010.
- ☐ The numbers in the parentheses represent the expected lanes available.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am	<u>Lap Swimming</u> (11) 5:30-6:00					CLOSED	CLOSED
6:00 am	<u>Lap Swimming</u> (3)	<u>Lap Swimming</u> (3)	<u>Lap Swimming</u> (3)	<u>Lap Swimming</u> (3)	<u>Lap Swimming</u> (3)	<u>Lap Swimming</u> (3)	
7:00 am	<u>Masters Swim</u> (8) 6:00-7:15	<u>Masters Swim</u> (8) 6:00-7:15	<u>Masters Swim</u> (8) 6:00-7:15	<u>Masters Swim</u> (8) 6:00-7:15	<u>Masters Swim</u> (8) 6:00-7:15	<u>Masters Swim</u> (8) 7:00-8:15	<u>Lap Swimming</u> (11) 7:00-9:45
	<u>Lap Swimming</u> 7:00-9:00 (11)	<u>Lap Swimming</u> (8) <u>Deep Aerobics</u> 7:15-8:00 & 8:00-9:00	<u>Lap Swimming</u> 7:00-9:00 (11)	<u>Lap Swimming</u> (8) <u>Deep Aerobics</u> 7:15-8:00 & 8:00-9:00	<u>Lap Swimming</u> 7:00-9:00 (11)	<u>Lap Swimming</u> (8) <u>Deep Aerobics</u> 8:15-9:00	<u>Lap Swimming</u> (2) <u>Masters Swim</u> (9) 9:45-11:00
9:00 am	<u>Lap Swimming</u> (11) 9:00-11:45	<u>Lap Swimming</u> (11) 9:00-11:45	<u>Lap Swimming</u> (11) 9:00-11:45	<u>Lap Swimming</u> (11) 9:00-11:45	<u>Lap Swimming</u> (11) 9:00-11:45	<u>Lap Swimming</u> (7)	<u>Lap Swimming</u> 11:00-5:55 (11)
11:00 am						<u>Swim Lessons</u> (4) 9:00-11:00	
	<u>Lap Swimming</u> (3)	<u>Lap Swimming</u> (3)	<u>Lap Swimming</u> (3)	<u>Lap Swimming</u> (3)	<u>Lap Swimming</u> (3)	<u>Lap Swimming</u> (11) 11:00-5:55	↓
	<u>Masters Swim</u> (8) 11:45-1:00	<u>Masters Swim</u> (8) 11:45-1:00	<u>Masters Swim</u> (8) 11:45-1:00	<u>Masters Swim</u> (8) 11:45-1:00	<u>Masters Swim</u> (8) 11:45-1:00		↓
	<u>Lap Swimming</u> (11) 1:00-3:00	<u>Lap Swimming</u> (11) 1:00-3:00	<u>Lap Swimming</u> (11) 1:00-3:00	<u>Lap Swimming</u> (11) 1:00-3:00	<u>Lap Swimming</u> (11) 1:00-3:00	↓	↓
3:00 pm	<u>Lap Swimming</u> (8)	<u>Lap Swimming</u> (8)	<u>Lap Swimming</u> (8)	<u>Lap Swimming</u> (8)			
	<u>Swim Lessons</u> (3) 3:00-4:00	<u>Swim Lessons</u> (3) 3:00-4:00	<u>Swim Lessons</u> (3) 3:00-4:00	<u>Swim Lessons</u> (3) 3:00-4:00			
4:00 pm	<u>Lap Swimming</u> (4)	<u>Lap Swimming</u> (4)	<u>Lap Swimming</u> (4)	<u>Lap Swimming</u> (4)	<u>Lap Swimming</u> (7)		
	<u>Swim Team</u> (4)	<u>Swim Team</u> (4)	<u>Swim Team</u> (4)	<u>Swim Team</u> (4)	<u>Swim Team</u> (4)	↓	↓
	<u>Swim Lessons</u> (3) 4:00-5:00	<u>Swim Lessons</u> (3) 4:00-5:00	<u>Swim Lessons</u> (3) 4:00-5:00	<u>Swim Lessons</u> (3) 4:00-5:00	<u>Swim Lessons</u> (3) 4:00-5:00		
	<u>Lap Swimming</u> (2)	<u>Lap Swimming</u> (1)	<u>Lap Swimming</u> (2)	<u>Lap Swimming</u> (1)	<u>Lap Swimming</u> (3)		
	<u>Swim Team</u> (8) <u>Swim Lessons</u> (1) 5:00-5:30	<u>Swim Team</u> (8) <u>Swim Lessons</u> (2) 5:00-6:15	<u>Swim Team</u> (8) <u>Swim Lessons</u> (1) 5:00-5:30	<u>Swim Team</u> (8) <u>Swim Lessons</u> (2) 5:00-6:15	<u>Swim Team</u> (8) <u>Swim Lessons</u> (2) 5:00-7:00		
	<u>Lap Swimming</u> (3)	<u>Lap Swimming</u> (3)	<u>Lap Swimming</u> (3)	<u>Lap Swimming</u> (3)			
	<u>Swim Team</u> (8) 5:30-7:00	<u>Swim Team</u> (8) 6:15-7:00	<u>Swim Team</u> (8) 5:30-7:00	<u>Swim Team</u> (8) 6:15-7:00			
7:00 pm	<u>Lap Swimming</u> (3)	<u>Lap Swimming</u> (3)	<u>Lap Swimming</u> (3)	<u>Lap Swimming</u> (3)	<u>Lap Swimming</u> (3)		
	<u>Water Polo</u> (8) 7:00-9:00	<u>Water Polo</u> (8) 7:00-9:00	<u>Water Polo</u> (8) 7:00-9:00	<u>Water Polo</u> (8) 7:00-9:00	<u>Water Polo</u> (8) 7:00-9:00		
	<u>Lap Swimming</u> (4 or 11) * 9:00-9:55	<u>Lap Swimming</u> (4 or 11) * 9:00-9:55	<u>Lap Swimming</u> (4 or 11) * 9:00-9:55	<u>Lap Swimming</u> (4 or 11) * 9:00-9:55	<u>Lap Swimming</u> (4 or 11) * 9:00-9:55		
9:55 pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		

\* Four lanes when a match is scheduled. Polo schedule available on line or at Aquatics Office.

If there is a schedule change, and the number of lap lanes is decreased by 2 or more, a notice will be posted.

- = Open To Members
- = Program Registration Required

## Competition Pool Rules

1. A shower is required before entering the pool.
2. Lap swimming is limited to 6 people per lane.
3. Circle swimming is mandatory for lanes with more than 2 people.
4. Lap swimming is permitted for capable children 10 years of age and older with constant parental supervision.
5. No food or glass bottles are permitted on the pool deck. Water bottles for lap swimming are allowed.
6. Starting blocks are not for use during lap swimming time.
7. Please walk at all times.
8. Talking should be kept to a minimum during all water aerobic classes.