

LAP SWIM LANE AVAILABILITY

Valid October 24th-November 12th 2017

Lap Swim

For those of all skills and abilities who wish to swim laps to improve or maintain fitness and health. Great for cardiorespiratory fitness. Swim at your own pace or enjoy camaraderie of working-out with others. Lap swim is a popular program that often has 3 or more participants in any given lane.

All Ages Lap Swim

With adult supervision, children and teens under the age of 18 may use the lap lanes under the following conditions:

1. Able to understand and follow ALL lap swim rules and etiquette
2. Able to circle swim continuously, with minimal breaks and without disrupting other swimmers
3. Able to keep up with other swimmers in lane

The ability of children to lap swim is up to the lifeguard on duty's discretion, and may change with the rotation. At any time a lifeguard may ask your child to exit the lanes if lap space becomes limited.

Adult Only Lap Swim

For swimmers of all skill levels over the age of 18.

Lap Swim Etiquette

- Lap swim lanes are designated SLOW, MEDIUM or FAST so you can choose the right lane for your speed
- When entering a lane, enter so as not to disrupt any other swimmers
- For your safety, be sure to notify other swimmers of your presence before you enter a lane, and prior to beginning your swim
- When 2 swimmers share a lane, it is proper to split the lane. When 3 or more swimmers share a lane, please circle swim, staying to the right at all times
- If you change speeds, (e.g. switch to kicking only) it will probably be necessary to change lanes
- Be aware of passing procedures. If someone is about to pass you or touches your toes, pull over at the wall and let them pass
- If you are continuously being passed, or passing others, you may need to change lanes
- If resting at the wall, move over to a corner so other swimmers have room to turn
- Above all, please be respectful of other swimmers and lifeguards and follow directions given by staff

During any scheduled "School Day Out" dates "All Ages" lap swim is not offered. Please see guide for dates.

Lap Swim Lane Schedule

Monday		
Time	Adult/All Ages	Lanes available
5:30am-6:00am	All Ages	6 lanes
6:00am-8:00am	All Ages	3 lanes
8:00am-8:55am	All Ages	6 lanes
8:55am-11:15am	Adult Only	3 lanes
11:15am-1:00pm	Adult Only	6 lanes
1:00pm-4:00pm	All Ages	6 lanes
4:00pm-4:30pm	All Ages	4 lanes
4:30pm-6:00pm	No lap swim	
6:00pm-8:00pm	All Ages	1 lane
8:00pm-9:00pm	All Ages	3 lanes

Tuesday		
Time	Adult/All Ages	Lanes available
5:30am-6:00am	All Ages	6 lanes
6:00am-8:00am	All Ages	3 lanes
8:00am-8:55am	All Ages	6 lanes
8:55am-11:15am	All Ages	3 lanes
11:15am-1:00pm	Adult Only	6 lanes
1:00pm-4:00pm	All Ages	6 lanes
4:00pm-4:30pm	All Ages	4 lanes
4:30pm-6:00pm	No lap swim	
6:00pm-7:05pm	All Ages	1 lane
7:05pm-8:30pm	Adult Only	3 lanes
8:30pm-9:00pm	All Ages	3 lanes



Wednesday		
Time	Adult/All Ages	Lanes available
5:30am-6:00am	All Ages	6 lanes
6:00am-8:00am	All Ages	3 lanes
8:00am-8:55am	All Ages	6 lanes
8:55am-11:15am	Adult Only	3 lanes
11:15am-1:00pm	Adult Only	6 lanes
1:00pm-4:00pm	All Ages	6 lanes
4:00pm-4:30pm	All Ages	4 lanes
4:30pm-6:00pm	No lap swim	
6:00pm-8:00pm	All Ages	1 lane
8:00pm-9:00pm	All Ages	3 lanes

Thursday		
Time	Adult/All Ages	Lanes available
5:30am-6:00am	All Ages	6 lanes
6:00am-8:00am	All Ages	3 lanes
8:00am-8:55am	All Ages	6 lanes
8:55am-11:15am	All Ages	3 lanes
11:15am-1:00pm	Adult Only	6 lanes
1:00pm-4:00pm	All Ages	6 lanes
4:00pm-4:30pm	All Ages	4 lanes
4:30pm-6:00pm	No lap swim	
6:00pm-7:05pm	All Ages	1 lane
7:05pm-8:30pm	Adult Only	3 lanes
8:30pm-9:00pm	All Ages	3 lanes

Friday		
Time	Adult/All Ages	Lanes available
5:30am-6:00am	All Ages	6 lanes
6:00am-8:00am	All Ages	3 lanes
8:00am-8:55am	All Ages	6 lanes
8:55am-11:15am	Adult Only	3 lanes
11:15am-1:00pm	Adult Only	6 lanes
1:00pm-4:00pm	All Ages	6 lanes
4:00pm-4:30pm	Adult Only	6 lanes
4:30pm-6:00pm	Adult Only	2 lanes
6:00pm-7:00pm	Adult Only	4 lanes
7:00pm-8:30pm	Adult Only	3 lanes
8:30pm-9:00pm	All Ages	3 lanes

Saturday		
Time	Adult/All Ages	Lanes available
7:00am-8:45am	All Ages	6 lanes
8:45am-8:55am	All Ages	5 lanes
8:55am-11:00am	All Ages	1 lane
11:00am-12:00pm	All Ages	4 lanes
12:00pm-1:00pm	Adult Only	3 lanes
1:00pm-6:00pm	Adult Only	2 lanes

Sunday		
Time	Adult/All Ages	Lanes available
12:00pm-1:00pm	Adult Only	6 lanes
1:00pm-3:00pm	Adult Only	2 lanes
3:00pm-5:00pm	Adult Only	1 lane
5:00pm-5:30pm	All Ages	1 lane

