

# Arne Hanna Aquatic Center

## Spring 2016

General Lap Lane Set-Up

Schedule Valid Feb 22, 2016 - Jun 17, 2016

**CLOSED: Sun, March 27th - All Day**

\*Note: Lanes are subject to changes.

### Weekdays

<u>Times</u>	<u>Days</u>	<u># of Lanes</u>	<u>Lap Lane #</u>	<u>BBST</u>	<u>Lessons</u>	<u>Other</u>
5:30 AM - 7:00 AM	Mon, Tue, Thur, Fri	1 Lap Lanes	8	3, 2, 1		7, 6, 5, 4 (Masters)
	Wed	3 Lap Lanes	8, 7, 6	5, 4, 3, 2, 1		
7:00 AM - 7:45 AM	Mon - Fri	2 Lap Lane	7, 6	5, 4, 3, 2, 1		8 (Water walking & Exercise)
7:45 AM - 8:30 AM	Mon - Fri	7 Lap Lanes	7,6,5,4,3,2,1			8 (Water walking & Exercise)
8:30 AM - 11:00 AM	Mon - Fri	4 Lanes	4, 3, 2, 1		5	8, 7, 6 (H2O X)
11:00 AM -12:30 PM	Mon, Wed, Fri	4 Lanes	4, 3, 2, 1		5	8, 7, 6 (H2O X)
	Tue & Thur	6 Lanes	6,5,4,3,2,1		8	7 (Water walking & Exercise)
12:30 PM - 2:45 PM	Mon - Fri	5 Lap Lanes	5, 4, 3, 2, 1		6	8, 7 (Family Swim 12:30-2:30)
2:45 PM - 4:45 PM	Mon - Fri	1 Lap Lane	7	6, 5, 4, 3, 2, 1	8	
4:45 PM - 6:45 PM	Mon-Thur	0 Lap Lanes		5, 4, 3, 2, 1	8, 7, 6	
	Fri	1 Lap Lane	6	5, 4, 3, 2, 1		8, 7 (Family Swim 5-6:45 )
6:45 PM - 7:00 PM	Mon-Fri	1 Lap Lane	6	5, 4, 3, 2, 1		8, 7 (Open Swim)
7:00 PM - 8:00 PM	Mon, Wed, Fri (7:00 PM-7:30 PM)	2 Lap Lanes	6, 5	4, 3, 2, 1		8, 7 (Open Swim)
	Mon, Wed (7:30 PM - 8:00 PM)	4 Lap Lanes	6,5,4,3	2, 1		8, 7 (Open Swim)
	Tue, Thur	1 Lap Lane	5			8, 7, 6 (Open) & 4, 3, 2, 1 (Masters)
	Fri (7:30 PM - 8:00 PM)	4 Lap Lanes	5, 4, 3	2, 1		8, 7, 6 (Open Swim)
8:00 PM - 9:00 PM	Mon	8* Lap Lanes	8,7,6,5,4,3,2,1			*Additional Programs Pending (TBA)
	Wed	3 Lap Lanes	8,7,6			5, 4,3,2,1 (Train-or-Tri)
	Tue, Thur	2 Lap Lanes	4, 3		1, 2	8, 7, 6, 5 (Kayak)
	Fri	4 Lap Lanes	4, 3, 2, 1			8, 7, 6, 5 (Open Swim)

### Saturdays

8:30 AM - 11:30 AM	Saturday	1 Lap Lane	5	4, 3, 2, 1	8, 7, 6	8, 7 (H2O X 8:45-9:45)
11:30 AM - 12:30 PM	Saturday	5 Lap Lanes	5, 4, 3, 2, 1		8, 7, 6	
12:30 PM - 2:30 PM	Saturday	4 Lap Lanes	4, 3, 2, 1			8, 7, 6, 5 (Open Swim)
2:30 PM - 4:30 PM	Saturday	4 Lap Lanes	4, 3, 2, 1			8, 7, 6, 5 (Family Swim 2:45-4:15)
4:30 PM - 6:30 PM	Saturday	4 Lap Lanes	4, 3, 2, 1			8, 7, 6, 5 (Open Swim)

### Sundays

1:00 PM - 2:00 PM	Sunday	4 Lap Lanes	4, 3, 2, 1			8, 7, 6, 5 (Kayak)
2:00 PM - 4:00 PM	Sunday	4 Lap Lanes	4, 3, 2, 1			8, 7, 6, 5 (Open Swim)
4:00 PM - 5:15 PM	Sunday	5 Lap Lanes	5, 4, 3, 2, 1		8, 7, 6	
5:15 PM - 6:30 PM	Sunday	4 Lap Lanes	4, 3, 2, 1			8, 7, 6, 5 (Open Swim)

\*Note: Lap Lane Availability Subject to Change Daily w/ Program Demands

# General Lap Lane Guide

Schedule Valid: Feb 22, 2016 - Jun 17, 2016

Note: Lanes are subject to changes due to training courses and program demands

**Closures**  
*Sun, March 27th - All Day*

## Number of Public Lanes

### Weekdays

Times	Days	# of Lanes
5:30 AM - 7:45 AM	Mon, Tue, Thur, Fri Wed	1-2 Lanes 2-3 Lanes
7:45 AM - 2:45 PM	Mon - Fri	4-7 Lanes
2:45 PM - 4:45 PM	Mon - Fri	2 Lanes
4:45 PM - 6:45 PM	Mon - Thurs Fri (4:45 PM - 6:45 PM)	0 Lap Lanes 1 Lap Lane
6:45 PM - 7:30 PM	Mon - Fri	1-2 Lanes
7:30 PM - 9:00 PM	Mon, Wed, Fri Tues, Thurs (7:30 PM - 8:00 PM) Tues, Thurs (8:00 PM - 9:00 PM)	3-6 Lanes 1 Lap Lane 2-6 Lanes

### Weekends

Times	Days	# of Lanes
8:30 AM - 11:30 AM	Sat	1 Lap Lane
11:30 AM - 1:00 PM	Sat	4-5 Lanes
1:00 PM - 6:30 PM	Sat, Sun	4-5 Lanes

## Lap Lane Rules/ Etiquette

Sharing lap lanes is required.

Public Lap Lanes will be noted with signs indicating which lane (or lanes) are designated for Slow, Medium and Fast swimmers. (If we have more than 3 lanes open and organization is needed).

Circle Swimming is required when lane is occupied with more than 2 people. (If 2 people are sharing a lane, they may chose to split the lane down the middle).

Lifeguards will be moving swimmers as needed to help the flow of lap swimming.

Youth are allowed in lap lanes. They must be swimming as fast as the slowest swimmer.

Snorkels and fins are allowed in the lap lanes only.

Swimmers are welcome to bring their own equipment. Facility does provide kickboards and pull bouys (located next to lane 1 on the shallow side).