## Monday, January 18, 2021

Pool Setup: Short Course-yard (25 yard \& 25 meter lanes available) Team / Group Use Schedule:

Excel Swimming: $\quad 7 \mathrm{am}-8: 30 \mathrm{am}=$ Dive lanes 4-10
Navy Seal training: $\quad 9 \mathrm{am}-10 \mathrm{am}=$ Dive lanes 1-4
Hope Fitness:
L.I. Aquatic Club:

Long Island Diving:
$4 \mathrm{pm}-5 \mathrm{pm}=$ Public lane \#5
$5 \mathrm{pm}-7 \mathrm{pm}=$ Public lane \#7
$5 \mathrm{pm}-7 \mathrm{pm}=$ Lanes 7-10 \& dive lanes 1-6
$5 \mathrm{pm}-7 \mathrm{pm}=1$ meter dive boards (dive lanes 7-10)


Swim session times:

| 6a-7:30a: | 6-7a: | 25 lanes available (Lanes 1-10, DL 1-10 \& 5 public lanes available) |
| :---: | :---: | :---: |
|  |  | 50 max lap swimmers, 10 "adult walkers" |
|  | 7-7:30a: | 18 lanes available (Lanes 1-10, DL 1-3 \& 5 public lanes available) |
|  |  | 36 max lap swimmers, 10 "adult walkers" |
|  |  | use of the "team" locker rooms only |
| 7:30a-9a: | 7:30-8:30a: | 18 lanes available (Lanes 1-10, DL 1-3 \& 5 public lanes available) |
|  |  | 36 max lap swimmers, 10 "adult walkers" |
|  | 8:30-9a: | 25 lanes available (Lanes 1-10, DL 1-10 \& 5 public lanes available) |
|  |  | 50 max lap swimmers, 10 "adult walkers" |
|  |  | use of the "public" locker rooms only |
| 9a-10:45 am: | 9-10a: | 21 lanes available (Lanes 1-10, DL 5-10 \& 5 public lanes avail.) |
|  |  | 42 max lap swimmers, 10 "adult walkers" |
|  | 10-10:45a: | 25 lanes available (Lanes 1-10, DL 1-10 \& 5 public lanes avail.) |
|  |  | 50 max lap swimmers, 10 "adult walkers" |
|  |  | use of the "team" locker rooms only. |
| 11a-12:45p: | 25 lanes available (Lanes 1-10, DL 1-10 \& 5 public lanes available) |  |
|  | 50 max lap swimmers, 10 "all ages walkers"; use of the "public" locker rooms only |  |
| 1p-2:45p: | 25 lanes available (Lanes 1-10, DL 1-10 \& 5 public lanes available) |  |
|  | 50 max lap swimmers, 10 "all ages walkers"; use of the "team" locker rooms only |  |
| 3p-4:45p: | 3-4p: | 25 lanes available (Lanes 1-10, DL 1-10 \& public lanes 1-5 available) |
|  |  | 50 max lap swimmers, 10 "all ages walkers" |
|  | 4-4:45p: | 24 lanes available (Lanes 1-10, DL 1-10 \& public lanes 1-4 available) |
|  |  | 48 max lap swimmers, 10 "all ages walkers" |
|  |  | use of the "public" locker rooms only |

Note: lap swim only after 5 pm (2 extra lanes will be placed in the shallow section)
5p-6:45p: $\quad 24$ lanes available (Lanes 1-10, DL 1-10 \& public lanes 1-4 available)
48 max lap swimmers, 10 "all ages walkers"
use of the "team" locker rooms only.
All times, availability and lane assignments are subject to change.
Note: The facility closes at 7 pm today.

