

# LAP SWIMMER GUIDE

## April 1 – May 7, 2017

We respect and support your dedication to maintaining fit through our services. The City of Salida is very proud to offer this facility to lap swimmers, swim teams, kayakers, seniors, middle school students, tots, and other members of the community as well as visitors. Throughout the year, the scheduling of the pool sometimes changes to accommodate seasonal users. So as not to disrupt your training schedule, we have listed options for doing lap swimming everyday of the week and included how many lanes are available:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 >		6	6	6	6	6	
6:30 >			3	5	3		
7:00 >			0		0		
7:15 >							
7:30 >			3		3		
8:00 >						3	
8:30 >		3		3			
9:00 >						6	1
9:30 >							
10:00 >						3	6
10:30 >							
11:00 >							
11:30 >							
NOON >	2						
12:30 >							
1:00 >		1	1	1	1	1	2
1:30 >							
2:00 >						2	
2:30 >							
3:00 >		2	2	2	2		
3:30 >							
4:00 >							
4:15 >			0				
4:30 >		0					
5:00 >			1				
5:15 >							
5:30 >							
6:00 >							
6:15 >							
6:30 >							
7:00 >							
7:30 >		2					
8:00 >							
8:30 >							
9:00							

**LAP LANE RULES:**

2 People: circle swim or split lane  
 3 People: circle swim (to the right)  
 Slower swimmers use the wall lane

**SPECIAL EVENTS AFFECTING CERTAIN DAYS**

- \* **April 3<sup>rd</sup> – May 4<sup>th</sup> (Mondays-Thursdays)** – 8:30-11:45am, 1-3pm Longfellow Lessons; various areas of pool may be used based on age/skill level
- \* **April 7<sup>th</sup> – April 28<sup>th</sup> (Fridays)** – 10-11:45am, 1-1:45pm Montessori Lessons; various areas of pool may be used based on age/skill level
- \* **April 13<sup>th</sup> (Thursday)** – Underwater Egg Hunt 5-6:30pm
- \* **April 14<sup>th</sup> (Friday)** – Jive and Dive; pool closes at 6:45pm to public
- \* **May 8<sup>th</sup> – May 13<sup>th</sup>** – Pool closed for Spring Cleaning

# CYCLONE SWIM TEAM SCHEDULE

(time of day and number of lanes occupied by the swim team)

## April 1 - 7, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 >							
6:30 >				1			
7:00 >							6
7:15 >							
7:30 >							
8:00 >							
8:30 >							
9:00 >							1
9:30 >							
10:00 >							
10:30 >							
11:00 >							
11:30 >							
NOON >							
12:30 >							
1:00 >							
1:30 >							
2:00 >							
2:30 >							
3:00 >							
3:30 >							
4:00 >							
4:15 >			2				
4:30 >		1					
5:00 >			1				
5:30 >		6					
6:00 >							
6:15 >							
6:30 >							
7:00 >							
7:30 >							
8:00 >							
8:30 >							
9:00							