

# LAP SWIMMERS GUIDE

## For May 8<sup>th</sup> – May 29<sup>th</sup>, 2017

We applaud your dedication to maintaining fitness through swimming. The City of Salida is pleased to maintain this facility for lap swimmers, and many other users such as swim team members, kayakers, seniors, middle school students, tots, and all the other members of the community, and visitors, too! During the year the pool schedule sometimes changes to accommodate seasonal uses. In an effort to facilitate your training schedule, here is a list of times for lap swimming each day of the week, showing how many lanes are available for certain hours.

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

**LAP LANE ETIQUETTE - -**  
 2 people circle swim or split lane.  
 3 people circle swim clockwise.  
 Slower swimmers please use  
 the wall lane.

**ATTENTION LAP SWIMMERS...Consider participating in the Salida Hot Springs Aquatic Center Swim Team. Log your laps in the front desk binder. Current goal is to log the miles to Australia. Long term goal is to get to Salida's sister city, Lagos, Italy!**

# CYCLONES SWIM TEAM SCHEDULE

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

**For May 8<sup>th</sup> – May 29<sup>th</sup>**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 >							
6:30 >				1			
7:00 >							6
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 >							
6:30 >							
7:00 >							
7:30 >							
8:00 >							
8:30 >							
9:00							