

# LAP SWIMMERS GUIDE

## For May 30<sup>th</sup> – August 6<sup>th</sup>

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 >							
7:00 >		0	0	0	0		
7:30 >							
8:00 >						0	
8:30 >							
9:00 >							2
9:30 >							
10:00 >		3	3	3	3	6	6
10:30 >							
11:00 >							
11:30 >							
NOON >	2					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 >							
4:30 >							
5:00 >							
5:30 >		1	1	1	1		
6:00 >							
6:30 >							
7:00 >							
7:30 >		2	2	2	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.

**SPECIAL POOL EVENTS** (pool may be extra busy, certain classes may be affected, pool hours may be affected)  
 \* **May 31<sup>st</sup>, June 1<sup>st</sup> and 2<sup>nd</sup> (Wednesday, Thursday and Friday)** – Parent /Tot times will be 10am-1pm  
 \* **June 1<sup>st</sup> (Thursday)** – School’s Out – Free Swim Day from 1-5pm  
 \* **June 3<sup>rd</sup>, 17<sup>th</sup>, 24<sup>th</sup> and July 1<sup>st</sup> (Saturdays)** Parent Tot Swim Lessons 9-9:45am  
 \* **June 5<sup>th</sup>** – Summer Swim Lessons begin- Mondays thru Thursdays (5 sessions throughout summer)  
 \* **June 9<sup>th</sup>-11<sup>th</sup> (Noon on Friday and all day Saturday and Sunday)** – Alicia Leavitt Memorial Swim Meet – Pool closed for public swim  
 \* **July 4<sup>th</sup> (Tuesday)** – Pool opens at 8am No Cardio Splash class from 4-5pm

# CYCLONES SWIM TEAM SCHEDULE

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

**For May 30<sup>th</sup> – August 6<sup>th</sup>**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 >							
6:30 >							
7:00 >		6	6	6	6		
7:30 >							
8:00 >						6	
8:30 >							
9:00 >							
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 >							
4:30 >							
5:00 >							
5:30 >		1	1	1	1		
6:00 >							
6:30 >							
7:00 >							
7:30 >							
8:00 >							
8:30 >							
9:00							

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