



SWIM AVAILABILITY SHEET Through September, 2008

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-7:00 AM	Masters- All 6 Lanes METERS	Masters- All 6 Lanes METERS	Masters- All 6 Lanes METERS	Masters- All 6 Lanes METERS	Masters- All 6 Lanes METERS
7:00 - 9:00 AM	Lap Swim - 6 Lanes METERS	Lap Swim - 6 Lanes METERS	Lap Swim - 6 Lanes METERS	Lap Swim - 6 Lanes METERS	Lap Swim - 6 Lanes METERS
8:15 - 9:00 AM		Wet Sweat 8:15-9:00		Wet Sweat 8:15-9:00	
9:15 - 9:30 AM	LANES CHANGE FROM METERS TO YARDS				
9:00 - 10:30 AM	Hydro Pump 9:00-10:00am	Masters 5 Lanes 9:30-10:30am	Hydro Pump 9:00-10:00am	Masters 5 Lanes 9:30-10:30am	Hydro Pump 9:00-10:00am
9:15 - 10:30 AM	Lap Swim 4 Lanes YARDS		Lap Swim 4 Lanes YARDS		Lap Swim 4 Lanes METERS
10:30 - 12 PM	Lap Swim 5 Lanes YARDS	Lap Swim 5 Lanes YARDS	Lap Swim 5 Lanes YARDS	Lap Swim 5 Lanes YARDS	Lap Swim 5 Lanes METERS
12:00 - 1:00 PM	Masters - 5 Lanes YARDS	Masters - 5 Lanes YARDS	Masters - 5 Lanes YARDS	Masters - 5 Lanes YARDS	Masters - 6 Lanes METERS
1:00- 2:00 PM	Lap Swim 5 Lanes YARDS	Lap Swim 5 Lanes YARDS	Lap Swim 5 Lanes YARDS	Lap Swim 5 Lanes YARDS	Lap Swim 4 Lanes METERS
2:00 - 6:00 PM	Lap Swim 2 Lanes YARDS	Lap Swim 2 Lanes YARDS	Lap Swim 2 Lanes YARDS	Lap Swim 2 Lanes YARDS	Lap Swim 2-6 Lanes METERS
6:00- 6:15 PM	LANES CHANGE FROM YARDS TO METERS				
6:15 - 6:45 PM	Lap Swim 4 Lanes METERS	Lap Swim 4 Lanes METERS	Lap Swim 4 Lanes METERS	Lap Swim 4 Lanes METERS	Lap Swim 4 Lanes METERS
	Wet Sweat 6:15-7:00			Wet Sweat 6:15-7:00	
6:45 - 8:00 PM	Masters- All 6 Lanes METERS	Lap Swim 4 Lanes METERS	Masters- All 6 Lanes METERS	Lap Swim 4 Lanes METERS	Lap Swim 4 Lanes METERS
8:00 - 9:30 PM	Lap Swim - 4 Lanes	Lap Swim - 4 Lanes	Lap Swim - 4 Lanes	Lap Swim - 4 Lanes	Lap Swim - 4 Lanes

NOTES: Pool opens at 7:00am and closes at 9:30pm on Saturdays and opens at 12:15pm and closes at 9:30pm on Sundays

SATURDAY: 7:15 - 8:30a / 8:30-9:45a Masters uses all Lanes At least 3 lanes for lap swim after Masters Practices

SUNDAY: Lap Swim 3 - 4 Lanes. Diving board open with lifeguards permitting.

Recreational Swimming may use the far right lane or two and the deep end depending on the greatest need.

More than one person may swim in a lap lane. If two - split a lane . If 3 or more - circle swim, counterclockwise

During Masters Practices, check with coach for lane availability.

650-364-6272

MANAGEMENT RESERVES THE RIGHT TO CHANGE THIS SCHEDULE AS NEEDED

7.11.2008