

Sunday, April 21, 2024

Pool Setup: Short Course-yard (25 yard & 25 meter lanes available)

Freedom pool Schedule (swim team use only):

Triathlon: 6:30 am-9:30 am = Entire pool

Team / Group Use Schedule:

“Learn to Dive”: 9 am-10 am = Platform only (DL 5-8)
 10 am-11 am = 1 meter & 3 meter boards only (DL 5-8)
 11 am-12 pm = Platform only (DL 5-8)

Excel Swimming: 9 am-10:30 am = Lanes 4-10

Nassau LG test: 10 am-1 pm = Dive lanes 1-3

Long Island Diving: 12 pm-3 pm = All boards (DL 5-8)

SCUBA: 12:30 pm-1 pm = Setup time
 1 pm-3 pm = Lanes 6-10

High Dive Champions: 4 pm-5 pm = 1 meter boards only (DL 5-8)
 5 pm-6 pm = 1 & 3 meter boards only (DL 5-8)

D	D	D	D	D	D	D	D	1	LANE 10	2	P	P	P	P	P	P	P	P	
I	I	I	I	I	I	I	I		LANE 9		U	U	U	U	U	U	U	U	
V	V	V	V	V	V	V	V	B	LANE 8	B	B	B	B	B	B	B	B	B	
E	E	E	E	E	E	E	E	U	LANE 7	L	L	L	L	L	L	L	L	L	
								L	LANE 6	I	I	I	I	I	I	I	I	I	
L	L	L	L	L	L	L	L	K	LANE 5	C	C	C	C	C	C	C	C	C	Moveable
A	A	A	A	A	A	A	A	H	LANE 4										Floor
N	N	N	N	N	N	N	N	E	LANE 3	L	L	L	L	L	L	L	L	L	Section
E	E	E	E	E	E	E	E	A	LANE 2	A	A	A	A	A	A	A	A	A	
								D	LANE 1	N	N	N	N	N	N	N	N	N	R
8	7	6	5	4	3	2	1			S	E	E	E	E	E	E	E	E	A
											#1	#2	#3	#4	#5	#6	#7	#8	M
																			P

Public/Member swim lane availability:

9 am-10 am = **13 lanes available** (Lanes 1-3, DL 1-4 & 6 public lanes available)

10 am-10:30 am = **9 lanes available** (Lanes 1-3 & 6 public lanes available)

10:30 am-1 pm = **16 lanes available** (Lanes 1-10 & 6 public lanes available)

1 pm-3 pm = **15 lanes available** (Lanes 1-5, DL 1-4 & 6 public lanes available)

3 pm-6 pm = **20 lanes available** (Lanes 1-10, DL 1-4 & 6 public lanes available)

All times, availability and lane assignments are subject to change.