

Sunday, September 25, 2021

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

Team / Group Use Schedule:

- Excel Swimming:

9 am-10:30 am = Lanes 3-10
- “Learn to Dive”:

9 am-10 am = Platform only

10 am-12 pm = 1 meter boards only
- Nassau LG test:

10 am-1 pm = Dive lanes 1-3
- Island Swim:

10:30 am-12:30 pm = Lanes 5-10
- Long Island Diving:

12 pm-4 pm = All boards
- High Dive Champions:

4 pm-5 pm = 1 meter boards only

5 pm-6 pm = 1 & 3 meter boards only
- Pool setup:

5 pm-6 pm = Dive lanes 1-3

D I V E B O A R D S	D	D	D	2 B U L K H E A D S	LANE 10	1 B U L K H E A D	P	P	P	P	P	MOVEABLE FLOOR SECTION
	I	I	I		LANE 9		U	U	U	U	U	
	V	V	V		LANE 8		B	B	B	B	B	
	E	E	E		LANE 7		L	L	L	L	L	
					LANE 6		I	I	I	I	I	
	L	L	L		LANE 5		C	C	C	C	C	
	A	A	A		LANE 4		L	L	L	L	L	
	N	N	N		LANE 3		A	A	A	A	A	
	E	E	E		LANE 2		N	N	N	N	N	
	#	#	#		LANE 1		E	E	E	E	E	
	3	2	1				#1	#2	#3	#4	#5	

Note:

- *Max 4 people per lane in any 50 meter lanes (circle swimming required for 3 or more)*
- *Max 3 people per lane in any 25 yd/m lanes (circle swimming required for 3 or more)*

Swim session times:

- 9am-10:45a:

9-10a:

10 lanes available (Lanes 1-2, DL 1-3 & 5 public lanes avail.)
30 max lap swimmers, 40 “adult walkers”
- 10-10:45a:

7 lanes available (Lanes 1-2, DL 1-3 & 5 public lanes avail.)
21 max lap swimmers, 40 “adult walkers”
- 11a-12:45p:**

9 lanes available (Lanes 1-4 & 5 public lanes available)
18 max lap swimmers, 60 “all ages walkers/recreation swimming”
- 1p-2:45p:**

18 lanes available (Lanes 1-10, DL 1-3 & 5 public lanes avail.)
45 max lap swimmers, 60 “all ages walkers/recreation swimming”
- 3p-4:45p:**

18 lanes available (Lanes 1-10, DL 1-3 & 5 public lanes avail.)
54 max lap swimmers, 10 “all ages walkers”
use the “public” locker rooms only
- 5 pm-6 pm:**

15 lanes available (Lanes 1-10 & 5 public lanes avail.)
45 max lap swimmers, 10 “all ages walkers”
use the “team” locker rooms only

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

The “public” locker rooms will be closed for the 3 pm session.
The “team” locker rooms will be closed for the 5 pm session.