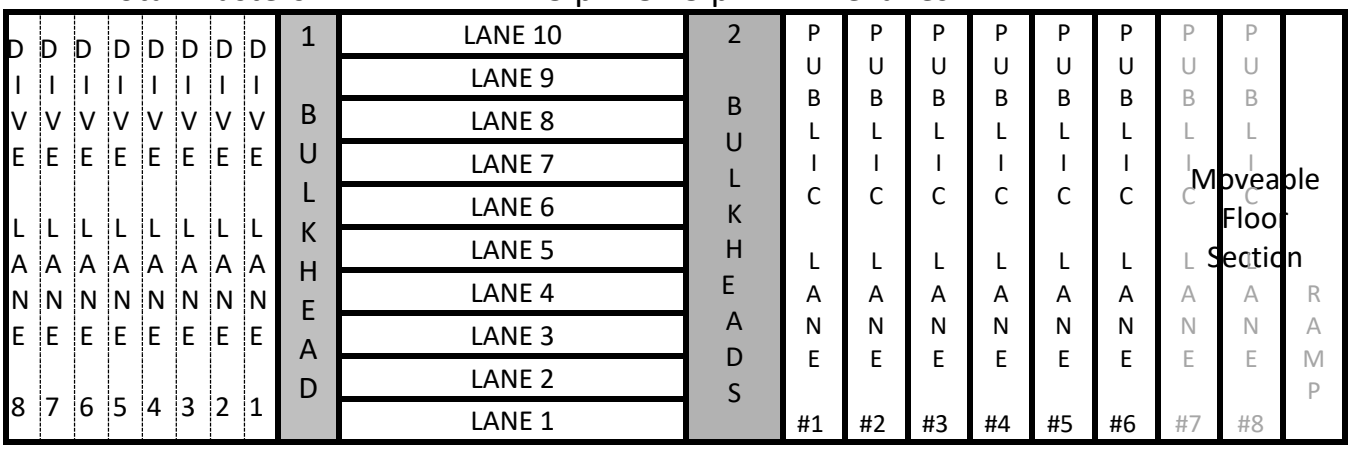
Wednesday, March 8, 2023

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

Team / Group Use Schedule:

Excel Swimming:	6 am-7:15 am = Dive lanes 1-7
	7:15 am-9 am = Dive lanes 1-6
Nassau LG test:	9 am-12 pm = Lanes 1-3
Hope Fitness:	3:30 pm-8:30 pm = Public lane #5
Level 1 class:	4 pm-4:45 pm = Shallow area
Level 2 class:	5 pm-5:45 pm = Shallow area
L.I. Aquatic Club:	5 pm-8:30 pm = Lanes 1-10
Level 3 class:	5:45 pm-6:30 pm = Shallow area
Pre Level 3 class:	6:30 pm-7 pm = Shallow area
St. Bernard's CYO:	6:15 pm-7 pm = Dive lanes 1-6
	7 pm-7:45 pm = Dive lanes 1-5
Long Island Diving:	7 pm-9 pm = 1 meter dive boards (dive lanes 6-8)
Level 4 class:	7:30 pm-8:15 pm = Public lane #1
Total Masters:	7:45 pm-8:45 pm = Dive lanes 1-4



Public/Member swim lane availability:

6 am-7:15 am =	**17 lanes available** (Lanes 1-10, DL 8 & 6 public lanes available)
7:15 am-9 am =	**18 lanes available** (Lanes 1-10, DL 7-8 & 6 public lanes available)
9 am-12 pm =	**21 lanes available** (Lanes 4-10, DL 1-8 & 6 public lanes available)
12 pm-3:30 pm =	**24 lanes available** (Lanes 1-10, DL 1-8 & 6 public lanes available)
3:30 pm-5 pm =	**23 lanes available** (Lanes 1-10, DL 1-8 & public lanes #1-5 available)
5 pm-6:15 pm =	**13 lanes available** (Dive lanes 1-8 & public lanes 1-5 available)
6:15 pm-7 pm =	**7 lanes available** (Dive lanes 7-8 & public lanes 1-5 available)

At 7pm, there will be lane lines added to the "shallow" area and there will be "lap swimming" only. This time period is open to ages 13 & over only. There will be no shallow water free swim area.

7 pm-7:30 pm =	**7 lanes available** (Public lanes 1-5, 7-8 available)
7:30 pm-7:45 pm =	**6 lanes available** (Public lanes 2-5, 7-8 available)
7:45 pm-8:30 pm =	**7 lanes available** (Dive lane 5 & public lanes 2-5, 7-8 available)
8:30 pm-8:45 pm =	**19 lanes available** (Lanes 1-10, DL 5 & public lanes 1-8 available)
8:45 pm-9 pm =	**23 lanes available** (Lanes 1-10, DL 1-5 & public lanes 1-8 available)

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

Please note the "team lockers" close for cleaning 11:15a-12:45p

and the “public lockers” close 1:15p-2:45p.