

Sunday, May 28, 2023

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

Team / Group Use Schedule:

- Excel Swimming: 9 am-10:30 am = Lanes 4-10
- “Learn to Dive”: 9 am-10 am = Platform only (DL 5-8)
10 am-12 pm = 1 meter boards only (DL 5-8)
- Nassau Lifeguard test: 10 am-1 pm = Dive lanes 1-4
- Lifeguard class: 10:30 am-1 pm = Lanes 8-10
1 pm-3 pm = Shallow section
3 pm-5 pm = Dive lanes 1-4
- Long Island Diving: 12 pm-3 pm = All boards (DL 5-8)
- High Dive Champions: 4 pm-5 pm = 1 meter boards & platform only (DL 5-8)
5 pm-6 pm = All boards & platform (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		L	L	L	L	L	L	L	L	Floor
N	N	N	N	N	N	N	N	E	LANE 3		A	A	A	A	A	A	A	A	Section
E	E	E	E	E	E	E	E	A	LANE 2		N	N	N	N	N	N	N	N	
								D	LANE 1		E	E	E	E	E	E	E	E	
8	7	6	5	4	3	2	1				#1	#2	#3	#4	#5	#6	#7	#8	RAMP

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 = **16 lanes available** (Lanes 1-10 & 6 public lanes available)
- 10:30 am-1 pm = **13 lanes available** (Lanes 1-7 & 6 public lanes available)
- 1 pm-3 pm = **20 lanes available** (Lanes 1-10, DL 1-4 & 6 public lanes available)
- 3 pm-5 pm = **16 lanes available** (Lanes 1-10 & 6 public lanes available)
- 5 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.

The “public” locker rooms will be closed 3:15-4:45 pm for cleaning.

The “team” locker rooms will be closed 5:15-6 pm for cleaning.