

# Sunday, July 5, 2026

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

## Team / Group Use Schedule:

Excel Swimming: *No practice today*  
 "Learn to Dive": 9 am-10 am = Platform only (dive lanes 5-8)  
 10 am-11 am = 1 meter boards only (dive lanes 5-8)  
 11 am-12 pm = Platform only (dive lanes 5-8)  
 Swim Unattached: 11 am-1 pm = Lane 10  
 SCUBA: 11:30 am-12 pm = Setup time  
 12 pm-2 pm = Dive lanes 1-3  
 Long Island Diving: 12 pm-3 pm = All boards (dive lanes 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												A
																			M
										#1	#2	#3	#4	#5	#6	#7	#8		P

## Public/Member swim lane availability:

9 am-11 am = **20 lanes available** (Lanes 1-10, DL 1-4 & 6 public lanes available)  
 11 am-12 pm = **19 lanes available** (Lanes 1-9, DL 1-4 & public lanes #1-6 available)  
 12 pm-1 pm = **15 lanes available** (Lanes 1-9 & public lanes #1-6 available)  
 1 pm-2 pm = **16 lanes available** (Lanes 1-10 & public lanes #1-6 available)  
 2 pm-3 pm = **20 lanes available** (Lanes 1-10, DL 1-4 & 6 public lanes available)  
 3 pm-6 pm = **24 lanes available** (Lanes 1-10, DL 1-8 & 6 public lanes available)

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