

Monday, July 6, 2026

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

Team / Group Use Schedule:

- Excel Swimming: 6 am-8:30 am = Dive lanes 1-5
- Nassau LG test: 10 am-12 pm = Lanes 9-10
- Intermediate class: 12 pm-1 pm = Lanes 9-10
- L.I. Aquatic Club: 4 pm-8:15 pm = Lanes 1-10
- Level 3 class: 5 pm-6 pm = Public lane #1
- Level 4 class: 5 pm-6 pm = Public lane #2
- Level 5 class: 6 pm-7 pm = Public lane #1
- Long Island Diving: 7 pm-9 pm = 1 meter dive boards (dive lanes 6-8)
- Hope Fitness: 7 pm-9 pm = Public lane #8

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

Moveable
Floor
Section

Public/Member swim lane availability:

- 6 am-8:30 am = **19 lanes available** (Lanes 1-10, DL 6-8 & 6 public lanes available)
- 8:30 am-10 am = **24 lanes available** (Lanes 1-10, DL 1-8 & 6 public lanes available)
- 10 am-1 pm = **22 lanes available** (Lanes 1-8, DL 1-8 & 6 public lanes available)
- 1 pm-4 pm = **24 lanes available** (Lanes 1-10, DL 1-8 & 6 public lanes available)
- 4 pm-5 pm = **14 lanes available** (Dive lanes 1-8 & public lanes 1-6 available)
- 5 pm-6 pm = **12 lanes available** (Dive lanes 1-8 & public lanes 3-6 available)
- 6 pm-7 pm = **13 lanes available** (Dive lanes 1-8 & public lanes 2-6 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-8:15 pm = **12 lanes available** (Dive lanes 1-5 & public lanes 1-7 available)
- 8:15 pm-9 pm = **22 lanes available** (Lanes 1-10, DL 1-5 & public lanes 1-7 available)

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