

Sunday, October 4, 2026

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

Team / Group Use Schedule:

SWIM MEET:

9 am-5 pm = Lanes 1-10

"Learn to Dive":

9 am-10 am = Platform only

10 am-12 pm = 1 meter boards only

Long Island Diving:

12 pm-3 pm = All boards

High Dive Champions:

4 pm-5 pm = 1 meter boards & platform only

5 pm-6 pm = All boards & platform

Meet breakdown:

5 pm-6 pm = Lanes 1-10 & dive lanes 1-3

Freedom pool Schedule (swim team use only):

Excel Swimming:

9 am-10:30 am = 6 lanes

Island Swim Academy:

10:30 am-12:30 pm = 6 lanes

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

Public/Member swim lane availability:

9 am-6 pm =

5 lanes available (5 public lanes available)

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

Note: *The dive lanes, jacuzzi and sauna will be closed 9am-5 pm.*