

Friday, November 6, 2026

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

Team / Group Use Schedule:

Excel Swimming: 7:15 am-8:30 am = Dive lanes 6-10

Nassau Police training: 8:30 am-3 pm = Dive lanes 8-10

Swim meet setup: 2:30 pm-3:30 pm = Lanes 1-10

Swim meet: 3:30 pm-8 pm = Lanes 1-10 & dive lanes 1-2

Swim Lesson (Level 6): 4 pm-5 pm = Public lane #1

Long Island Diving: 6 pm-8 pm = 1 & 3 meter dive boards (dive lanes 6-10)

Swim Prep class: 7 pm-8 pm = Public lane #1

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

Moveable
Floor
Section

Public/Member swim lane availability:

6 am-7:15 am = **25 lanes available** (Lanes 1-10, DL 1-10 & 5 public lanes available)

7:15 am-8:30 am = **20 lanes available** (Lanes 1-10, DL 1-5 & 5 public lanes available)

8:30 am-2:30 pm = **25 lanes available** (Lanes 1-10, DL 1-10 & 5 public lanes available)

2:30 pm-3:30 pm = **12 lanes available** (Dive lanes 1-7 & 5 public lanes available)

3:30 pm-4 pm = **5 lanes available** (5 public lanes available)

4 pm-5 pm = **4 lanes available** (Public lanes 2-5 available)

5 pm-7 pm = **5 lanes available** (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-8 pm = **6 lanes available** (Public lanes 2-7 available)

8 pm-9 pm = **7 lanes available** (Public lanes 1-7 available)

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

Note: the dive pool, jacuzzi and sauna will be closed after 3:30 pm.