



aquatics



MAY 2012

indoor pool schedule

SUN	MON	TUES	WED	THURS	FRI	SAT
7:00-9:00am 3 Laps 3 Open	5:00-7:30am 4 Swim Team 1 Lap 1 Open	5:00-7:30am 3 Swim Team 1 Masters Swim 1 Lap 1 Open 7:30-8:00am 3 Lap 3 Open 8:00-9:00am 2 Master Swim 1 Lap 3 Open	5:00-7:30am 4 Swim Team 1 Lap 1 Open	5:00-7:30am 3 Swim Team 1 Masters Swim 1 Lap 1 Open 7:30-8:00am 3 Lap 3 Open 8:00-9:00am 2 Masters Swim 1 Lap 3 Open	5:00-7:30am 4 Swim Team 1 Lap 1 Open	7:00-10:30am 4 Swim Team 1 Open 1 Swim Lesson
9:00am-3:00pm 2 Lap 3 Open 1 Swim Lesson	7:30-9:15am 2 Lap 3 Open 1 Swim Lesson 9:15-10:15am 4 Aqua Aerobics 1 Lap 1 Open	9:00-10:30am 2 Lap 3 Open 1 Swim Lesson 10:30-11:30am 3 Senior Aqua 2 Lap 1 Swim Lesson	7:30-9:15am 2 Lap 3 Open 1 Swim Lesson 9:15-10:15am 4 Aqua Aerobics 1 Lap 1 Open	9:00-10:30am 2 Lap 3 Open 1 Swim Lesson 10:30-11:30am 3 Senior Aqua 2 Lap 1 Swim Lesson	7:30-9:15am 2 Lap 3 Open 1 Swim Lesson 9:15-10:15am 4 Aqua Aerobics 1 Lap 1 Open	10:30am-5:00pm 2 Lap 3 Open 1 Swim Lesson
3:00-6:00pm 3 Swim Team 1 Lap 1 Open 1 Swim Lesson	10:15am-12:00pm 3 Lap 2 Open 1 Swim Lesson 12:00-1:00pm 1 Lap 3 Open 2 Master Swim	11:30am-12:00pm 3 Lap 3 Open	10:15am-12:00pm 3 Lap 2 Open 1 Swim Lesson	11:30am-12:00pm 3 Lap 3 Open	10:15am-12:00pm 3 Lap 2 Open 1 Swim Lesson	5:00-7:30pm 3 Lap 3 Open
6:00-7:30pm 3 Open 2 Lap 1 Swim Lesson	1:00-3:15pm 2 Lap 3 Open 1 Swim Lesson 3:15-4:15pm 3 Swim Team 1 Lap 1 Open 1 Swim Lesson	1:00-3:15pm 2 Lap 3 Open 1 Swim Lessons 3:15-4:15pm 3 Swim Team 1 Lap 1 Open 1 Swim Lesson	1:00-3:15pm 2 Lap 3 Open 1 Swim Lesson 3:15-4:15pm 3 Swim Team 1 Lap 1 Open 1 Swim Lesson	1:00-3:15pm 2 Lap 3 Open 1 Swim Lessons 3:15-4:15pm 3 Swim Team 1 Lap 1 Open 1 Swim Lesson	1:00-3:15pm 2 Lap 3 Open 1 Swim Lesson 3:15-4:15pm 3 Swim Team 1 Lap 1 Open 1 Swim Lesson	
	4:15-5:15pm 4 Swim Team 1 Open 1 Swim Lesson 5:15-6:00pm 3 Swim Team 1 Lap 2 Swim Lesson	4:15-6:15pm 4 Swim Team 1 Open 1 Swim Lesson 6:15-7:45pm 2 Swim Team 1 Lap 2 Open 1 Swim Lesson	4:15-5:15pm 4 Swim Team 1 Open 1 Swim Lesson 5:15-6:00pm 3 Swim Team 1 Lap 2 Swim Lesson	4:15-6:15pm 4 Swim Team 1 Open 1 Swim Lesson 6:15-7:45pm 2 Swim Team 1 Lap 2 Open 1 Swim Lesson	4:15-7:00pm 4 Swim Team 1 Open 1 Swim Lesson 7:00-9:30pm 3 Lap 3 Open	
Red indicates high potential for limited pool accessibility	6:00-8:15pm 3 Swim Team 1 Lap 1 Open 1 Swim Lesson	7:45-9:00pm 2 Swim Team 1 Open 1 Lap 2 Master Swim	6:00-8:15pm 3 Swim Team 1 Lap 1 Open 1 Swim Lesson	7:45-9:00pm 2 Swim Team 1 Open 1 Lap 2 Master Swim		
Blue indicates some potential for limited pool accessibility	8:15-9:30pm 3 Lap 2 Open 1 Swim Lesson	9:00-9:30pm 3 Lap 3 Open	8:15-9:30pm 3 Lap 2 Open 1 Swim Lesson	9:00-9:30pm 3 Lap 3 Open		

POOL HOURS

INDOOR:
 MON - FRI: 5:00AM - 9:30PM
 SAT / SUN: 7:00AM - 7:30PM

OUTDOOR / MARINA:
 SCHEDULED TO OPEN MAY 26TH FOR THE SUMMER SEASON!

Published on 4/25/12 Schedule is subject to change



aquatics



POLICIES + USAGE

Lap Lane Usage

A “lap lane” is a marked lane in which swimmers swim full lengths of the pool as part of an aerobic workout.

Lap Lanes should not be occupied by anyone other than lap swimmers, unless the pool is empty. Lap swimming is the primary use of these lanes, and all non-lap swimmers **MUST** give the right of way to those wishing to swim laps. Anyone wishing to swim laps when the area is utilized by non-lap swimmers may contact the Lifeguard or MOD to request assistance in clearing the lanes. A current Pool Schedule reflecting lap lane availability is available on the slat board located next to the Front Desk and on the website.

Sharing Lap Lanes

- For two swimmers, swimmers can opt to do a “split lane”, where each swimmer uses half the swim lane.
- For more than two swimmers, the “circle method” should be used, where each swimmer stays to the right of the lane.
- Before entering a lap lane, check with swimmers in the lane for permission and determine the method of sharing, either “split” or “circle”.
- When first entering the lane, give current swimmers the initial right-of-way.
- Faster swimmers should pass slower swimmers by gently touching the feet of the slower swimmer to indicate his/her desire to pass.
- Passing should be done at a wall whenever possible. A slower swimmer should not stop in the middle of the lane.
- During peak hours, please be considerate of others and limit your workout.

Open Lane Usage

An “open lane” is a marked lane in which swimmers may do any activity that does not involve full lengths of the pool (i.e. free play, water jogging, etc.).

Open lanes should not be occupied by lap swimmers, unless the pool is empty. Lap swimmers in an open lane must relinquish the lane to non-lap swimmers. A current Pool Schedule reflecting open lane availability is available on the slat board located next to the Front Desk and on the website. (<http://www.ashburnvillage.org>)