

Lap Swimming Availability

Olympic Pool (20 Lanes, 78 - 80 Degrees)



April	Short Course: 25 Yards, 70 Lengths / Mile				Long Course (LCM) : 50 Meters, 32 Lengths / Mile		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Open Hours	5:45a - 9:30p	5:45a - 9:30p	5:45a - 9:30p	5:45a - 9:30p	5:45a - 9:30p	7:00a - 6:30p	7:00a - 6:30p
5:45a - 7:00a	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	Pools Open at 7:00a	Pools Open at 7:00a
7:00a - 8:00a	8 Lanes	2 Lanes	8 Lanes	2 Lanes	8 Lanes	1 Lane LCM	3 Lanes LCM
8:00a - 10:00a	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	1 Lane till 9am	3 Lanes LCM
10:00a - 11:00a	4 Lanes	10 Lanes	4 Lanes	10 Lanes	4 Lanes	3 Lanes LCM	4 Lanes LCM
11:00a - 12:00p	10 Lanes	16 Lanes	10 Lanes	16 Lanes	10 Lanes	3 Lanes LCM	4 Lanes LCM
12:00p - 1:00p	10 Lanes	10 Lanes	10 Lanes	10 Lanes	10 Lanes	4 Lanes LCM	4 Lanes LCM
1:00p - 4:00p	16 Lanes	16 Lanes	16 Lanes	16 Lanes	10 Lanes	4 Lanes LCM	4 Lanes LCM
4:00p - 6:30p	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes	4 Lanes LCM	4 Lanes LCM
6:30p - 7:30p	6 Lanes	6 Lanes	6 Lanes	6 Lanes	Long Course @ 6:00p		Short Course @ 6:00p
7:30p - 9:00p	10 Lanes	10 Lanes	10 Lanes	6 Lanes	5 Lanes LCM	Pools Close at 6:30p	Pools Close at 6:30p
9:00p - 9:30p	16 Lanes	16 Lanes	16 Lanes	16 Lanes	8 Lanes LCM		

Instructional Pool (6 Lanes, 86 - 88 Degrees) 25 Yards

April	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45a - 9:30p	5:45a - 9:30p	5:45a - 9:30p	5:45a - 9:30p	5:45a - 9:30p	7:00a - 6:30p	7:00a - 6:30p
5:45a - 8:00a	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	Pools Open at 7:00a	Pools Open at 7:00a
8:00a - 9:00a	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	4 Lanes	4 Lanes
9:00a - 10:00a	0 Lanes	*1 Lane	0 Lanes	*1 Lane	0 Lanes	0 lanes	0 lanes
10:00a - 11:00a	1 Lane	1 Lane	1 Lane	1 Lane	1 Lane	3 Lanes	3 Lanes
11:00a - 12:00p	1 Lane	5 Lanes	1 Lane	5 Lanes	1 Lane	3 Lanes	3 Lanes
12:00p - 1:00p	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes	3 Lanes	3 Lanes
1:00p - 2:00p	0 Lanes	5 Lanes	0 Lanes	5 Lanes	0 Lanes	3 Lanes	3 Lanes
2:00p - 3:30p	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	3 Lanes	2 Lanes
3:30p - 4:15p	3 Lanes	2 Lanes	3 Lanes	2 Lanes	3 Lanes	3 Lanes	2 Lanes
4:15p - 5:15p	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	3 Lanes	2 Lanes
5:15p - 6:30p	2 Lanes	3 Lanes	2 Lanes	3 Lanes	4 Lanes	3 Lanes	2 lanes
6:30p - 7:30p	4 Lanes	2 Lanes	4 Lanes	2 Lanes	4 Lanes	Pools Close	Pools Close
7:30p - 9:30p	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	at 6:30p	at 6:30p

Changes to Lap Lane Availability:

Tues/Thurs 9:00am	*Beginning at 9:30am one lane will be available for lap swim. Before then all 6 lanes are available.
Sunday April 5	Both pools are open from 8am - 1:30pm. No Family Swim.
April 18 & April 19	Limited availability in Instructional Pool from 10am - 12pm and 2pm - 4pm (Total Immersion Swim Clinic has 3 lanes).
Saturday April 25	Special Olympics. Olympic Pool will be shortcourse until 1pm. Limited availability in Instructional pool 9am - 11am.
Sunday April 26	SMAC Out Cancer. Swim & land events from 8am - 12pm to raise money for Bay Area cancer research Both pools will be reserved from 7am - Noon. Register today so you can be a part of the fun!
Saturday April 4	Complimentary Swim Improvement Clinic for Kids 3- 5pm. Meet by the Instructional Pool.
Sunday April 12	Complimentary Swim Assessments for Kids from 12 - 2pm. Reservations Required.
Thursday April 28	Complimentary Private Adult Swim Instruction for SMAC members. Reservations required.
Friday April 4	Complimentary Freestyle Clinic with Coach Jim at 11am. Meet by the Olympic Pool.

