

# Lap Swimming Availability

## Olympic Pool (20 Lanes, 78 - 80 Degrees)



| March                  | Short Course: 25 Yards, 70 Lengths / Mile |               |               |               | Long Course (LCM) : 50 Meters, 32 Lengths / Mile |                      |                      |
|------------------------|---|---------------|---------------|---------------|--|----------------------|----------------------|
|                        | Monday                                    | Tuesday       | Wednesday     | Thursday      | Friday   | Saturday             | Sunday               |
| <b>Pool Open Hours</b> | 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

| March           | 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   | 3 Lanes       | 2 Lanes       | 3 Lanes       | 2 Lanes       | 4 Lanes       | Pools Close         | Pools Close         |
| 7:30p - 9:30p   | 4 Lanes       | 6 Lanes       | 4 Lanes       | 4 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.                |
| Saturday March 14 | Limited availability in Instructional Pool from 10am - 12pm and 2pm - 4pm (Total Immersion Swim Clinic has 3 lanes) |
| Friday March 20   | Both pools will be closed 9am - 4pm for a CSM Swim Meet   |
| Saturday March 28 | Limited availability in Instructional Pool from 10am - 12pm and 2pm - 4pm (Total Immersion Swim Clinic has 3 lanes) |
| Sunday March 29   | Limited availability in Instructional Pool from 10am - 12pm and 2pm - 4pm (Total Immersion Swim Clinic has 3 lanes) |
| Thursday March 26 | Swim Across America Launch Party  |
| March 21 - 29     | CSM Spring Break - additional lanes will be available for lap swim this week  |
| Sunday April 26   | SMAC Out Cancer. Swim & land events from 8am - 12pm to raise money for Bay Area cancer research                     |
| Mar 23 & Mar 30   | America Red Cross Lifeguard Courses begin on each of these days. See courtesy desk for details.                     |

