

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
5:30a - 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	3 Lanes	8 Lanes	3 Lanes	8 Lanes	1 Lane LCM	4 Lanes LCM
8:00a - 10:00a	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	1 Lane till 9am	4 Lanes LCM
10:00a - 11:00a	4 Lanes	10 Lanes	4 Lanes	10 Lanes	4 Lanes	4 Lanes LCM	4 Lanes LCM
11:00a - 12:00p	10 Lanes	16 Lanes	10 Lanes	16 Lanes	10 Lanes	4 Lanes LCM	4 Lanes LCM
12:00p - 1:00p	10 Lanes	8 Lanes	10 Lanes	8 Lanes	10 Lanes	4 Lanes LCM	4 Lanes LCM
1:00p - 4:00p	15 Lanes	15 Lanes	15 Lanes	15 Lanes	15 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	12 Lanes	12 Lanes	12 Lanes	8 Lanes	4 Lanes LCM	Pools Close at 6:30p	Pools Close at 6:30p
9:00p - 9:30p	16 Lanes	16 Lanes	16 Lanes	8 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
5:30a - 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	0 lanes
9:00a - 10:00a	0 Lanes	*1 Lane	0 Lanes	*1 Lane	0 Lanes	0 lanes	4 Lanes
10:00a - 11:00a	1 Lane	1 Lane	1 Lane	1 Lane	1 Lane	4 Lanes	4 Lanes
11:00a - 12:00p	1 Lane	5 Lanes	1 Lane	5 Lanes	1 Lane	4 Lanes	4 Lanes
12:00p - 1:00p	5 Lanes	*0 lanes	5 Lanes	*0 lanes	5 Lanes	4 Lanes	4 Lanes
1:00p - 2:00p	5 Lanes	0 Lanes	5 Lanes	0 Lanes	5 Lanes	4 Lanes	4 Lanes
2:00p - 3:30p	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	3 Lanes
3:30p - 4:15p	2 Lanes	4 Lanes	2 Lanes	4 Lanes	2 Lanes	4 Lanes	3 Lanes
4:15p - 5:15p	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	4 Lanes	3 Lanes
5:15p - 6:30p	3 Lanes	3 Lanes	3 Lanes	3 Lanes	2 Lanes	4 Lanes	3 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	2 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 9:30 all 6 lanes are available.
Tues/Thurs 12:00pm	*Beginning at 12:30pm there will be no lanes available for lap swim.
Sunday April 17	Special Olympics. Big Pool will be shortcourse all day. Limited availability in the Small pool 9 - 11am
Saturday April 23	3 lanes of Instructional Pool will be reserved from 10am - 12pm and 2pm - 4pm for Total Immersion Clinic
Sunday April 24	3 lanes of Instructional Pool will be reserved from 10am - 12pm and 2pm - 4pm for Total Immersion Clinic
Monday April 4	Complimentary Learn How to Train for a 1 Mile Swim 9:00am - 10:00am Olympic Pool
Sunday April 10	Complimentary Swim Assessments for Kids from 12m - 2pm. Reservations Required.
Tuesday April 12	Complimentary Learn How to Train for a 1 Mile Swim 11:00am - 12:00pm Olympic Pool
Sunday April 17	Complimentary Swim Technique Clinic with Megan 10:00am - 11:00am Olympic Pool
Tuesday April 26	Complimentary Private Adult Swim Instruction for SMAC Members. Reservations Required.
Sunday May 1	SMAC Out Cancer. Swim & Land events from 8am - 12pm to raise money for Bay Area Cancer Research. Both Pools will be reserved for participants from 7am - 12pm. Register today so you can be part of the fun!