



# Lap Swimming Availability September 1-30, 2019

Olympic Pool (20 Lanes, 78 - 80 Degrees)

SAN MATEO  
ATHLETIC CLUB  
AQUATICS

| Sept 1-30, 2019        | 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> | 5:30a - 9:15p                             | 5:30a - 9:15p | 5:30a - 9:15p | 5:30a - 9:15p | 5:30a - 9:15p                                    | 7:00a - 6:30p           | 7:00a - 6:30p                |  |
| 5:30a - 7:00a          | 4 Lanes                                   | 6 Lanes       | 4 Lanes       | 6 Lanes       | 4 Lanes  | Pools open at 7:00am    | Pools open at 7:00am         |  |
| 7:00a - 8:00a          | 6 Lanes                                   | 1 lane        | 6 Lanes       | 1 lane        | 6 Lanes  | 1 Lane LCM              | 2 Lanes LCM                  |  |
| 8:00a - 9:00a          | 18 Lanes                                  | 8 Lanes       | 12 Lanes      | 8 Lanes       | 12 Lanes   | 1 Lane LCM              | 2 Lanes LCM                  |  |
| 9:00a - 9:30a          | 18 Lanes                                  | 18 Lanes      | 18 Lanes      | 18 Lanes      | 18 Lanes   | 1 Lane LCM              | 5 Lanes LCM                  |  |
| 9:30a - 10:00a         | 18 Lanes                                  | 12 Lanes      | 18 Lanes      | 12 Lanes      | 18 Lanes   | 1 Lane LCM              | 6 Lanes LCM                  |  |
| 10:00a - 11:00a        | 8 Lanes                                   | 12 Lanes      | 8 Lanes       | 12 Lanes      | 8 Lanes  | 1 Lane LCM              | 6 Lanes LCM                  |  |
| 11:00a - 12:00p        | 18 Lanes                                  | 18 Lanes      | 18 Lanes      | 18 Lanes      | 18 Lanes   | 4 Lanes LCM             | 6 Lanes LCM                  |  |
| 12:00p - 1:00p         | 8 Lanes                                   | 8 Lanes       | 8 Lanes       | 8 Lanes       | 8 Lanes  | 4 Lanes LCM             | 6 Lanes LCM                  |  |
| 1:00p - 3:30p          | 8 Lanes                                   | 18 Lanes      | 8 Lanes       | 18 Lanes      | 8 Lanes  | 4 Lanes LCM             | 6 Lanes LCM                  |  |
| 3:30p - 4:00p          | 18 Lanes                                  | 18 Lanes      | 18 Lanes      | 16 Lanes      | 18 Lanes   | 4 Lanes LCM             | 6 Lanes LCM                  |  |
| 4:00p - 6:00p          | 4 Lanes                                   | 4 Lanes       | 4 Lanes       | 4 Lanes       | 4 Lanes  | 6 Lanes LCM             | 6 Lanes; Short Course @6:00p |  |
| 6:00p - 7:15p          | 4 Lanes                                   | 4 Lanes       | 4 Lanes       | 4 Lanes       | 4 Lanes; Long Course @6:30p                      | 6 Lanes LCM Until 6:30p | 18 Lanes Until 6:30p         |  |
| 7:15p - 8:15p          | 4 Lanes                                   | 4 Lanes       | 4 Lanes       | 4 Lanes       | 6 Lanes LCM                                      | Pools close at 6:30pm   | Pools close at 6:30pm        |  |
| 8:15p - 8:45p          | 8 Lanes                                   | 10 Lanes      | 8 Lanes       | 10 Lanes      | 6 Lanes LCM                                      |                         |                              |  |
| 8:45p - 9:15p          | 18 Lanes                                  | 10 Lanes      | 18 Lanes      | 10 Lanes      | 6 Lanes LCM                                      |                         |                              |  |

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

| Sept 1-30, 2019        | Monday        | Tuesday         | Wednesday     | Thursday        | Friday        | Saturday              | Sunday                |
|------------------------|---------------|-----------------|---------------|-----------------|---------------|-----------------------|-----------------------|
| <b>Pool Open Hours</b> | 5:30a - 9:15p | 5:30a - 9:15p   | 5:30a - 9:15p | 5:30a - 9:15p   | 5:30a - 9:15p | 7:00a - 6:30p         | 7:00a - 6:30p         |
| 5:30a - 9:00am         | 4 lanes       | 4 lanes         | 4 lanes       | 4 lanes         | 4 lanes       | 4 lanes               | 4 lanes               |
| 9:00am-10:00am         | 0 lanes       | 0 Lanes @ 9:30a | 0 lanes       | 0 Lanes @ 9:30a | 0 lanes       | 0 Lanes @ 8:30a       | 3 lanes               |
| 10:00a - 11:00a        | 4 lanes       | 0 lanes         | 4 Lanes       | 0 lanes         | 4 Lanes       | 3 Lanes               | 3 Lanes               |
| 11:00a - 12:00p        | 4 lanes       | 4 lanes         | 4 lanes       | 4 lanes         | 4 lanes       | 3 Lanes               | 3 Lanes               |
| 12:00p - 2:00p         | 4 lanes       | 4 lanes         | 4 lanes       | 4 lanes         | 4 lanes       | 3 Lanes               | 3 Lanes               |
| 2:00p - 2:30p          | 3 Lanes       | 3 Lanes         | 3 Lanes       | 3 Lanes         | 3 Lanes       | 3 Lanes               | 3 Lanes               |
| 2:30p - 3:00p          | 2 Lanes       | 2 Lanes         | 2 Lanes       | 2 Lanes         | 2 Lanes       | 5 Lanes               | 3 Lanes               |
| 3:00p-3:30p            | 2 Lanes       | 2 Lanes         | 2 Lanes       | 1 Lane          | 2 Lanes       | 5 Lanes               | 3 Lanes               |
| 3:30p - 6:30p          | 1 Lane        | 1 Lane          | 1 Lane        | 1 Lane          | 1 Lane        | 5 Lanes               | 3 Lanes               |
| 6:30p - 7:30p          | 2 Lanes       | 1 Lane          | 2 Lanes       | 1 Lane          | 2 Lanes       | Pools close at 6:30pm | Pools close at 6:30pm |
| 7:30p - 9:15p          | 5 Lanes       | 5 Lanes         | 5 Lanes       | 5 Lanes         | 5 Lanes       |                       |                       |

\*Lap Lane availability is subject to change at any time due to rentals and other activities. Please contact the Front Desk or any Aquatics staff for the most up to date information.\*

**Please Note: The Instructional Pool has one partial lane unavailability due to plaster missing.**

Labor Day is Monday, September 2. Pools will be open from 8:00am-12:30pm. Please see aquatics staff for lap lane information.