

GREEN VALLEY POOL LAP SWIMMING SCHEDULE

	MORNING	AFTERNOON	EVENING	LAP SWIMMING ETIQUETTE
MONDAY	5:00-8:30 AM (4) 8:30-9:30 AM (0) 9:30-10:30 AM (1) 10:30-12:00PM (4)	12:00-1:00 PM (1) 1:00-3:30 PM (4) 3:30-5:00 PM (3) 5:00-7:00 PM (2)	7:00-8:45 PM (4)	<p>During busy times, it may be necessary to share lanes. Here are some general guidelines for everyone to follow:</p> <ol style="list-style-type: none"> 1. Choose your own lane until all are being used or reserved for swim lessons. 2. If all lanes are filled, you may choose to wait for the next available. 3. Be sure to yield to the person or people who have been waiting the longest. 4. If all lanes are filled (and you need to get in now) ask to share with the swimmer closest to your speed and ability. One swimmer takes the right side, the other the left side. 5. Two people per each lane it all possible. 6. If it becomes necessary to circle swim 3 people or more would go to a lane, choose to share with the swimmers closest to your ability. Communicate to all swimmers that you must all circle swim (Stay on the right side of the lane). If you need to pass, do carefully in the middle or at the turn.
TUESDAY	5:00-8:30 AM (4) 8:30-9:30 AM (0) 9:30-10:30 AM (1) 10:30-12:00PM (4)	12:00-3:00 PM (4) 3:00-7:00 PM (2)	7:00-8:45 PM (4)	
WEDNESDAY	5:00-8:30 AM (4) 8:30-9:30 AM (0) 9:30-10:30 AM (1) 10:30-12:00PM (4)	12:00-1:00 PM (1) 1:00-3:30 PM (4) 3:30-7:00 PM (2)	7:00-8:45 PM (4)	
THURSDAY	5:00-8:30 AM (4) 8:30-9:30 AM (0) 9:30-10:30 AM (1) 10:30-12:00PM (4)	12:00-3:00 PM (4) 3:00-7:00 PM (2)	7:00-8:45 PM (4)	
FRIDAY	5:00-8:30 AM (4) 8:30-9:30 AM (0) 9:30-12:30 PM (4)	12:30-3:00 PM (4) 3:00-6:30 PM (2)	6:30-7:45 PM (4)	
SATURDAY	7:30-8:30 AM (4) 9:00-10:00 AM (1) 10:30- 12:30 PM (2)	12:30-2:00 PM (4) 2:00-3:00 PM (1) 3:15-6:45 PM (4)		
SUNDAY	7:30-12:00 PM (4)	12:00-6:45 PM (4)		



CLUBFITNESS

CLUBFITNESS- OAK BRANCH POOL RENOVATION

ADDITIONAL LAP SWIMMING TIMES AVAILABLE AT GREENSBORO AQUATIC CENTER

Tuesdays – 1/8, 1/15, 1/22, 1/29 – 2 lanes 9-11am, comp pool

Thursdays - 1/3, 1/10, 1/17, 1/24, 1/31 – 2 lanes 9-11am, Comp pool

Saturdays – 1/5, 1/26 – 2 lanes Dive well 8-10am