

# 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"> <li>1. Choose your own lane until all are being used or reserved for swim lessons.</li> <li>2. If all lanes are filled, you may choose to wait for the next available.</li> <li>3. Be sure to yield to the person or people who have been waiting the longest.</li> <li>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.</li> <li>5. Two people per each lane it all possible.</li> <li>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.</li> </ol>
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 AM (4)	12:30-3:00 PM (4) 3:00-6:30 PM (2)	6:30-7:45 PM (4)	
SATURDAY	7:00-8:30 AM (4) 9:00-10:00 AM (1) 10:30- 1:00 PM (2)	1:00-2:00 PM (3) 2:00-3:00 PM (2) 3:00-6:45 PM (4)		
SUNDAY	8:00-12:00 PM (4)	12:00-6:45 PM (4)		



CLUBFITNESS

**CLUBFITNESS- OAK BRANCH POOL RENOVATION-** ADDITIONAL LAP SWIMMING TIMES  
AVAILABLE AT GREENSBORO AQUATIC CENTER

Tuesday, September 25th 9-11:00 AM - 2 SHARE LANES

Thursday, September 27th 9-11:00 AM - 2 SHARE LANES

Saturday, September 29th 8:00-10:00 AM - 2 SHARE LANES

Tuesday, September 25th 9-11:00 AM (2)

Thursday September 27th 9-11:00 AM (2)

Saturday, September 29th 8:00-10:00 AM (2)

Tuesday, October 2nd 9-11:00 AM (2)

Thursday, October 4th 9-11:00 AM (2)

Saturday, October 6th 8:00-10:00 AM (2)

Tuesday, October 9th 9-11:00 AM (2)

Thursday, October 11th 9-11:00 AM (2)