Burgess Pool Lap Lane Availability

NOVEMBER 1ST- 30TH

Non Summer Season: Sunday, October 1st- May, 2017

Instructional Pool 87° 25 Yards (6 Lanes)

	MON	TUE	WED	THU	FRI	SAT	SUN
6 - 7	6	6	6	6	6	-	-
7-7:30	6	6	6	6	6	-	-
7:50	2	2	2	2	2	-	
8 - 9	2	2	2	2	2	-	2
9 - 10	1	4	1	4	1	-	-
10 - 11	2	4	2	4	2	Ø	Ø
11 - 12	4	4	4	4	4	Ø	Ø
12-1	4	4	4	4	4	Ø	Ø
1 – 2	4	4	4	4	4	Ø	Ø
2 - 3	Ø	Ø	Ø	Ø	Ø	2	2
3 - 4	Ø	Ø	Ø	Ø	Ø	2	2
4 - 5	Ø	Ø	Ø	Ø	Ø	2	2
5 - 6	Ø	Ø	Ø	Ø	Ø	-	-
6 - 7	Ø	Ø	Ø	Ø	Ø	-	-
7 - 8	3	-	3	1	-	-	-

Performance Pool 80° 25 Yards (11 Lanes)

	MON	TUE	WED	THU	FRI	SAT	SUN
6-6:45	Ø	Ø	Ø	Ø	Ø	2 Members Only	-
6:45-7	Ø	Ø	Ø	Ø	Ø		
7-8	Ø	Ø	Ø	Ø	Ø	2 Members Only	2 Members Only
						2	2
8-9	11	11	11	11	11	2	2
9-10	11	11	11	11	11	-	2
10-11	11	11	11	11	11	4	9
11-12	11	11	11	11	11	4	9
12-1	2	2	2	2	2	6	8
1-2	11	11	11	11	11	8	8
2-3	11	11	11	11	11	8	8
3-4	9	9	9	9	9	8	8
4-5	3	3	3	3	3	8	8
5-5:30	3	3	3	3	3	-	-
5:30-6	3	3	3	3	3	-	-
6-7	3	3	3	3	3	-	-
7-8	3	3	3	3	-	-	-

Short Course: 25 Yards (70 lengths of the pool = 1 mile)

Changes to Lap Lane Availability:

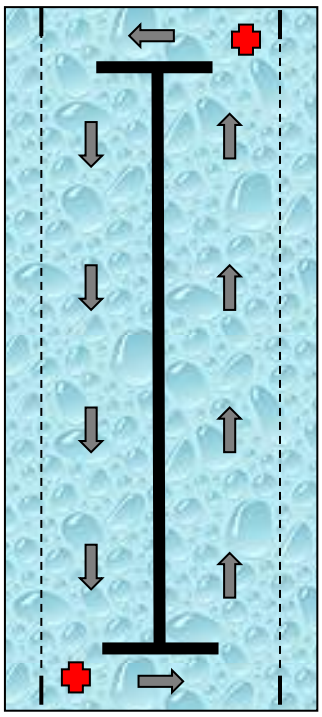
☺ The pool will be closed for the Thanksgiving holiday on November 23rd, the pool will close early on Friday, November 24th at 2pm

♦ Lap Swimmers may be affected by having lap lanes reserved for our Swim Pro students

♦ We reserve the right to make any schedule alterations, including warm days and holidays

Please call 650· 328· SWIM or visit www.menloswim.com for updates and announcements.

Lap Pool Etiquette



Circle Swim Diagram
When sharing a lane with others, keep to your right and swim in a circular pattern as shown above.

Sharing the Lane
- Two swimmers should split the lane, each one swimming on one side.
- Three swimmers or more should swim circling counterclockwise.
- Responsibility of swimmer entering the lane to notify the swimmers currently in the lane

Passing
- Pass on the left.
- Alert the person in front of you by tapping their foot before passing.

Entering
- Always enter feet first and wait until all swimmers have made the turn and pushed off.

Stopping/Resting
- Squeeze into the corner to the right of oncoming swimmers.

Speed
- Attempt to enter a lane with swimmers that match your projected speed, so all swimmers can flow and have a positive experience.

Non Summer Season Hours:

Sun., October 1st – May, 2017

Lap Swimming:

Monday – Thursday	6:00am – 8:00pm
Friday	6:00am – 7:00pm
Saturday	7:30am – 9:00am 10:00am – 5:00pm
Sunday	7:30am – 5:00pm

Members Only Lap Swimming:

Saturday	6:00am – 7:30am
Sunday	7:00am – 7:30am

Menlo Swim and Sport
(650) 328-SWIM Front Desk
(650) 330-2232 Service Center
www.menloswim.com

Lap Swimming Pricing:

Menlo Park Resident
$48 per month
$137 per quarter
$6 per drop-in visit

Non-Resident
$56 per month
$160 per quarter
$7 per drop-in visit

Menlo Park Resident and Student/Senior
$5 per drop-in visit

Non-Resident and Student/Senior
$6 per drop-in visit

There is a 25% discount off of the membership rate for seniors who are 65 and older. To be eligible for the 25% student discount, you must be enrolled full time at an accredited high school, secondary, or vocational school.