



Burgess Pool Lap Lane Availability

OCT 1ST - APRIL 2019

Non Summer Season: Monday, September 3rd – April, 2019



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 | ∅ | ∅ |
| 11 - 12 | 4 | 4 | 4 | 4 | 4 | ∅ | ∅ |
| 12-1 | 4 | 4 | 4 | 4 | 4 | ∅ | ∅ |
| 1 - 2 | 4 | 4 | 4 | 4 | 4 | ∅ | ∅ |
| 2 - 3 | ∅ | ∅ | ∅ | ∅ | ∅ | 2 | 2 |
| 3 - 4 | ∅ | ∅ | ∅ | ∅ | ∅ | 2 | 2 |
| 4 - 5 | ∅ | ∅ | ∅ | ∅ | ∅ | - | - |
| 5 - 6 | ∅ | ∅ | ∅ | ∅ | ∅ | - | - |
| 6 - 7 | ∅ | ∅ | ∅ | ∅ | ∅ | - | - |
| 7 - 8 | 3 | ∅ | 3 | ∅ | - | - | - |

Performance Pool 80° 25 Yards (11 Lanes)

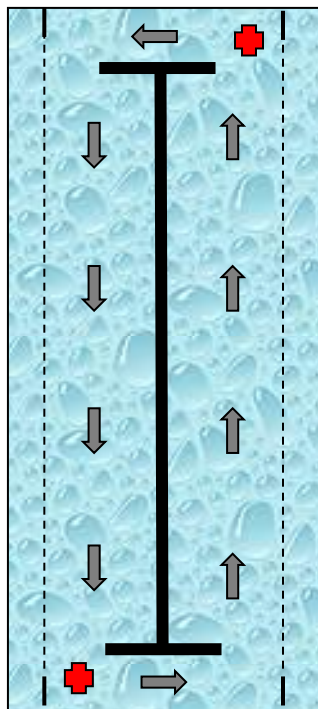
| | MON | TUE | WED | THU | FRI | SAT | SUN |
|--------|-----|-----|-----|-----|-----|-------------------|-------------------|
| 6-6:45 | ∅ | ∅ | ∅ | ∅ | ∅ | 2 | - |
| 6:45-7 | 2 | 2 | 2 | 2 | 2 | Members Only | - |
| 7-8 | 2 | 2 | 2 | 2 | 2 | 2 Members Only | 2 Members Only |
| 8-9 | 11 | 11 | 11 | 11 | 11 | 2 | 2 |
| 9-10 | 11 | 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 | - | - |
| 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 | 2 | 3 | - | - | - |

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

Changes to Lap Lane Availability:

- ◆ 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.

Summer Season Hours:

Monday, Sept. 3rd – April 2019

Lap Swimming:

Monday – Thursday 6:00am – 8:00pm
Friday 6:00am – 7:00pm

Saturday 7:30am – 9:00am

10:00am – 4:00pm

Sunday 7:30am – 4:00pm

Members Only Lap Swimming:

Saturday 6:00am – 7:30am

Sunday 7:00am – 7:30am

Menlo Swim and Sport

(650) 328-5WIM 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.