



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)

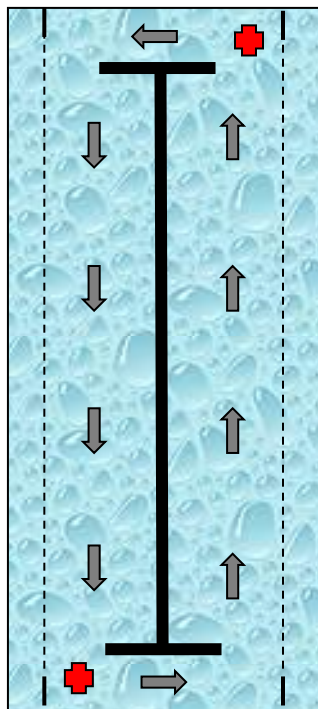
	MON	TUE	WED	THU	FRI	SAT	SUN
6-6:45	∅	∅	∅	∅	∅	2	-
6:45-7	2	2	2	2	2	Members Only	-
7-8	2	2	2	2	2	2 Members Only	2 Members Only
8-9	11	11	11	11	11	2	2
9-10	11	11	11	11	11	-	2
10-11	11	11	11	11	11	4	9
11-12	11	11	11	11	11	4	9
12-1	2	2	2	2	2	6	8
1-2	11	11	11	11	11	8	8
2-3	11	11	11	11	11	8	8
3-4	9	9	9	9	9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