



**Burgess Pool Lane Availability**  
**Instructional Pool 87° 25 Yards (6 Lanes)**  
 Summer Season: Saturday, June 1st – Sunday, August 25

	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	3	1	3	1	-	-
10 - 11	1	3	1	3	1	∅	∅
11 - 12	3	3	3	3	3	∅	∅
12-1	4	4	4	4	4	∅	∅
1 - 2	1	1	1	1	1	∅	∅
2 - 3	∅	∅	∅	∅	∅	1	1
3 - 4	∅	∅	∅	∅	∅	1	1
4 - 5	∅	∅	∅	∅	∅	1	1
5 - 6	∅	∅	∅	∅	∅	-	-
6 - 7	∅	∅	∅	∅	∅	-	-
7 - 8	4	∅	9	∅	-	-	-

**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
9-10	8	8	8	8	8	11	2
10-11	8	8	8	8	8	5	9
11-11:20	10	10	10	10	10	5	9
11:20-12	8	8	8	8	8	5	9
12-1	2	2	2	2	2	6	8
1-2	9	9	9	9	9	8	8
2-2:30	11	11	11	11	11	8	8
2:30-3	7	7	11	7	11	8	8
3-4	5	5	9	5	11	8	8
4-5	3	3	3	3	3	8	8
5-6	3	3	3	3	3	-	-
6-7	3	3	3	3	3	-	-
7-8	3	3	2	3	-	-	-

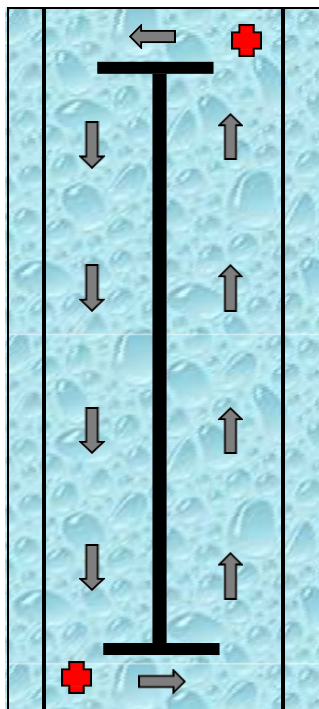
Short Course: 25 Yards (70 lengths of the pool = 1 mile)

**Changes to Lap Lane Availability:**

**TNT:** Instructional Pool 7:45am-8:45am: Saturday, June 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> all lanes occupied at this time • **TNT:** Performance Pool 9am – 10am: June 8<sup>th</sup>, June 22<sup>nd</sup> • all lanes occupied at this time

- 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 650-781-5525 or visit [www.menloswim.com](http://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:

Sat., June 1st – Sun., August 25th

### 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) 781-5525 Front Desk**

**(650) 781-5525 Service Center**

**www.menloswim.com**

## Lap Swimming Pricing:

### Menlo Park Resident

\$50 per month  
\$142 per quarter  
\$7 per drop-in visit

### Non-Resident

\$58 per month  
\$165 per quarter  
\$8 per drop-in visit

### Menlo Park Resident and Student/Senior

\$6 per drop-in visit

### Non-Resident and Student/Senior

\$7 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.