

San Mateo Athletic Club Lap Swimming Schedule

Olympic Pool (20 Lanes, 78 - 80 Degrees)

Dates:	Short Course: 25 Yards, 70 Lengths / Mile				Long Course: 50 Meters, 34 Lengths / Mile			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
April 2012								
Pool Open Hours	5:45a - 9:30p	5:45a - 9:30p	5:45a - 9:30p	5:45a - 9:30p	5:45a - 9:30p	7:00a - 6:30p	7:00a - 6:30p	
5:45a - 7:00a	12 Lanes	12 Lanes	12 Lanes	12 Lanes	12 Lanes	Pools Open at 7:00a	Pools Open at 7:00a	
7:00a - 8:00a	12 Lanes	4 Lanes	12 Lanes	4 Lanes	12 Lanes	1 Lanes LCM	4 Lanes LCM	
8:00a - 9:00a	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	1 Lanes LCM	4 Lanes LCM	
9:00a - 10:00a	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	5 Lanes LCM	6 Lanes LCM	
10:00a - 11:00a	4 Lanes	10 Lanes	4 Lanes	10 Lanes	4 Lanes	5 Lanes LCM	6 Lanes LCM	
11:00a - 12:00p	10 Lanes	20 Lanes	10 Lanes	20 Lanes	10 Lanes	6 Lanes LCM	6 Lanes LCM	
12:00p - 1:00p	4 Lanes	12 Lanes	4 Lanes	12 Lanes	4 Lanes	6 Lanes LCM	6 Lanes LCM	
1:00p - 3:30p	20 Lanes	20 Lanes	20 Lanes	20 Lanes	20 Lanes Long Course @ 1:00p	6 Lanes LCM	6 Lanes LCM	
3:30 - 4:00p	15 Lanes	15 Lanes	15 Lanes	15 Lanes	8 Lanes LCM	6 Lanes LCM	6 Lanes LCM	
4:00p - 6:00p	8 Lanes	8 Lanes	8 Lanes	8 Lanes	4 Lanes LCM	6 Lanes LCM	6 Lanes LCM	
6:00p - 7:30p	6 Lanes	6 Lanes	6 Lanes	6 Lanes	5 Lanes LCM		Short Course @ 6:00p	
7:30p - 8:30p	12 Lanes	12 Lanes	12 Lanes	6 Lanes	5 Lanes LCM	Pools Close at 6:30p	Pools Close at 6:30p	
8:30p - 9:30p	20 Lanes	20 Lanes	20 Lanes	20 Lanes	8 Lanes LCM			

Wellness Pool (6 Lanes, 86 - 88 Degrees) 25 Yards

April	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Open Hours	5:45a - 9:30p	5:45a - 9:30p	5:45a - 9:30p	5:45a - 9:30p	5:45a - 9:30p	7:00a - 6:30p	7:00a - 6:30p
5:45a - 7:00a	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	Pools Open at 7:00a	Pools Open at 7:00a
7:00a - 9:00a	6 Lanes	6 Lanes	4 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes
9:00a - 10:00a	No Lanes	1 Lane beginning at 9:30a	No Lanes	1 Lane beginning at 9:30a	No Lanes	No Lanes	3 Lanes
10:00a - 11:00a	1 Lane	1 Lane	1 Lane	1 Lane	1 Lane	3 Lanes	3 Lanes
11:00a - 12:30p	1 Lane	6 Lanes	1 Lane	6 Lanes	1 Lane	2 Lanes	3 Lanes
12:30p - 1:00p	1 Lane	No Lanes	1 Lane	No Lanes	1 Lane	3 Lanes	3 Lanes
1:00 - 2:00p	6 Lanes	No Lanes	6 Lanes	No Lanes	6 Lanes	3 Lanes	3 Lanes
2:00p - 3:30p	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	3 Lanes	3 Lanes
3:30 - 4:15p	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	3 Lanes	3 Lanes
4:15p - 5:30p	3 Lanes	No Lanes	3 Lanes	No lanes	3 Lanes	3 Lanes	3 Lanes
5:30p - 6:00p	4 lanes	2 Lanes	4 lanes	2 Lanes	2 Lanes	3 lanes	3 lanes
6:00p - 7:00p	5 Lanes	1 Lane	5 Lanes	1 Lane	1 Lane	Pools Close at 6:30p	Pools Close at 6:30p
7:00p - 8:30p	5 Lanes	5 Lanes	5 Lanes	3 Lanes	5 Lanes		
8:30p - 9:30p	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes		



Please See Reverse for Aquatics Information & Swimming Etiquette



Aquatics Information

Upcoming Changes to the Pool Schedule:

- Sunday April 1st the Olympic Pool will be short course all day. We will be hosting Jenny's Light Kids Triathlon from 7am – Noon. SMAC lap swimmers will have access to at least 3 lanes in both pools.
- Saturday April 14th the Olympic Pool will be short course until 2pm. We will be hosting the San Mateo County Special Olympics Swim Competition from 8am – 2pm. SMAC lap swimmers will have access to at least 3 lanes in the Olympic Pool and 2 lanes in the Instructional Pool.
- Thursday April 19th – Saturday April 21st CSM will be hosting the Coast Conference Swim Finals Both Pools will be closed from 8am – 5pm on all 3 days.

Shortcourse/Longcourse Switch:

Fridays from 1:00 – 1:30pm:

Olympic Pool switched from short course to long course

Sundays from 6:00 – 6:30pm:

Olympic Pool switched from long course to short course.

We strongly suggest that you do not swim in the Olympic Pool while we are changing the lane lines.

Family Swim Days:

April 1, 8, 15, 22 & 29 from 2pm – 6pm in our Instructional Pool.

Please remember our new Family Changing Rooms & Restroom are now open. Kids under the age of 15 are not allowed in our locker rooms.

Come join our Aquatics Family Fair on Sunday April 29th from 11am to 1pm
Learn more about all of our Summer Programs for kids!

Swimming Etiquette

In an effort to make your pool experience a success, we ask that you familiarize yourself with the following guidelines and tips to insure an efficient and courteous swimming experience for all.

- Unless the lane has only two people in it that would rather split the lane, we circle swim.
- The customary traffic pattern in the United States is congruous to our driving pattern of staying to the right. This would be swimming in a counter-clockwise circle in the lane.
- It is the responsibility of the swimmer entering the lane to be sure all other swimmers in that lane are aware of his/her presence and the desired or necessary traffic pattern before any swimming is started by that patron. This may take a few minutes so please be patient.
- Always swim complete laps of the pool. Avoid stopping in the middle of the pool for any reason, this can interfere with others progress and cause collisions.
- Stop only at the wall and once stopped stay in the corner of the lane, preferably the left hand corner (from the perspective of the approach to the wall). Other lap swimmers need space to turn, always leave the middle 1/3 of the wall clear for turning purposes.
- Be aware of your space in the lane and the orientation of others.
- For safety reasons, no more than '4' persons per lane for short course and '8' swimmers per lane for long course.
- If you are approaching the wall and another lap swimmer is gaining on you, swimming at a faster rate than you are, pause at the wall to allow the faster swimmer to go by.
- If more than one swimmer is getting congested behind a slower swimmer the lead should stop at the wall and let all the others advance before pushing off the wall to continue his/her swim.
- A swimmer entering an open lane, or joining one person in a lane that's designated differently from their expected pace (i.e. a faster swimmer in a "Slow" lane, or slower swimmer in a "Fast" lane), should stay aware of arriving swimmers, and *be prepared to move to a more appropriate lane* if/when other swimmers join them. That is, the lane speed designation takes precedence over the pace of incumbent swimmers who simply happen to be swimming there.