

# DEER PATH POOL SCHEDULE

Effective Nov. 20 - December 22, 2023

Revised 11/18/2023

## IMPORTANT INFORMATION:

SPECIAL NOTE: [PLEASE SEE CIRCLE SWIM REMINDER ON BACK OF SCHEDULE OR POSTED ON WWW.HCYMCA.ORG](#)

|                     | MONDAY                                       | TUESDAY                      | WEDNESDAY          | THURSDAY           | FRIDAY                   | SATURDAY  | SUNDAY   |
|---------------------|--|------------------------------|--------------------|--------------------|--------------------------|---|--|
| 5:00 am - 5:30 am   | 5 LAP SWIM LANES                             | 5 LAP SWIM LANES             | 5 LAP SWIM LANES   | 5 LAP SWIM LANES   | 5 LAP SWIM LANES         | 7:00 AM - 9:00 AM                                     | 7 A M - 8:55 AM  |
| 5:30 am - 6:30 am   | 5 LAP SWIM LANES                             | 3 LAP SWIM LANES             | 5 LAP SWIM LANES   | 5 LAP SWIM LANES   | 5 LAP SWIM LANES         | NO SWIM TEAM 11/25<br>5 LAP SWIM LANES                | LAP SWIM 6 LANES TILL<br>8:15 AM<br>LAP SWIM 4 LANES 8:15 -<br>8:55 AM                           |
| 6:30 AM - 7:00 AM   | 5 LAP SWIM LANES                             | 5 LAP SWIM LANES             | 5 LAP SWIM LANES   | 5 LAP SWIM LANES   | 5 LAP SWIM LANES         |   |  |
| 7:00 am - 7:15 am   | POOL CLOSED FOR 15 MINUTE GUARD SAFETY BREAK |                              |                    |                    |                          |   |  |
| 7:15 AM - 8:00 AM   | 5 LAP SWIM LANES                             | 5 LAP SWIM LANES             | 5 LAP SWIM LANES   | 5 LAP SWIM LANES   | 5 LAP SWIM LANES         | REGULAR SCHEDULE<br>SWIM TEAM / NO LAP<br>SWIM        | LAP SWIM 6 LANES TILL<br>8:15 AM<br>LAP SWIM 4 LANES 8:15 -<br>8:55 AM                           |
|                     | 1 FITNESS LANE                               | 1 FITNESS LANE               | 1 FITNESS LANE     | 1 FITNESS LANE     | 1 FITNESS LANE           |   |  |
| 8:00 AM - 9:00 AM   | 5 LAP SWIM LANES                             | 5 LAP SWIM LANES             | 5 LAP SWIM LANES   | 5 LAP SWIM LANES   | 5 LAP SWIM LANES         | 9:00 AM - 12:15 PM                                    | 9 AM - 12:15 PM  |
|                     | 1 FITNESS LANE                               | 1 FITNESS LANE               | 1 FITNESS LANE     | 1 FITNESS LANE     | 1 FITNESS LANE           |   |  |
| 9:00 AM - 9:45 AM   | 5 LAP SWIM LANES                             | 4 LAP SWIM LANES             | 4 LAP SWIM LANES   | 4 LAP SWIM LANES   | 4 LAP SWIM LANES         | 1 LAP SWIM LANE 9 AM<br>TO 10:30 AM/ SWIM<br>LESSONS  | 1 LAP SWIM LANE 10 AM<br>- 12:15 PM /SWIM<br>LESSONS   |
|                     | 1 FITNESS LANE                               | 1 FITNESS LANE               | 1 FITNESS LANE     | LESSONS            | 1 FITNESS LANE           |   |  |
| 9:45 AM - 11:00 AM  | 5 LAP SWIM LANES                             | 2 LAP SWIM LANES             | 2 LAP SWIM LANES   | 2 LAP SWIM LANES   | LAP SWIM 4 LANES         | 12:15 - 1:00 pm                                       | 12:15 pm - 4:00 pm   |
|                     | 1 FITNESS LANE                               | AQUAFIT                      | AQUAFIT            | AQUAFIT            | 1 FITNESS LANE           |   |  |
| 11:00 AM - 11:30 AM | 5 LAP SWIM LANES                             | 4 LAP SWIM LANES             | 4 LAP SWIM LANES   | 4 LAP SWIM LANES   | 4 LAP SWIM LANES         | 2 Lap Lanes/Lessons                                   | 3 Lap Swim Lanes<br>Recreation Privates  |
|                     | 1 FITNESS LANE                               | 1 FITNESS LANE               | 2 FITNESS LANES    | 1 FITNESS LANE     | Silver Otters Sr. Swim   |   |  |
| 11:30 AM - 1:00 PM  | 5 LAP SWIM LANES                             | 4 LAP SWIM LANES             | 4 LAP SWIM LANES   | 4 LAP SWIM LANES   | 4 LAP SWIM LANES         | 1:00 pm - 4:00 pm                                     | 4:00 pm - 5:00 pm  |
|                     | 1 FITNESS LANE                               | SILVER OTTERS                | 1 FITNESS LANE     | SILVER OTTERS      | SILVER OTTERS            |   |  |
| 1:00 pm - 2:30 pm   | 4 LAP SWIM LANES                             | 4 LAP SWIM LANES             | 3 LAP SWIM LANES   | 4 LAP SWIM LANES   | 4 LAP SWIM LANES         | 2 Lap Lanes<br>Recreational Swim /<br>Lifeguard Class | 2 LAP SWIM LANES/<br>SWIM TEAM   |
|                     | RECREATION                                   | RECREATION                   | NO REC             | RECREATION         | RECREATION               |   |  |
| 2:30 - 4:00 pm      | 2 LAP SWIM LANES                             | 2 LAP SWIM LANES             | 2 LAP SWIM LANES   | 2 LAP SWIM LANES   | 2 LAP SWIM LANES         | 4:00 pm - 6:45 PM                                     | 5:00 PM - 6:00 PM  |
|                     | H.S. SWIM TEAM                               | H.S. SWIM TEAM               | H.S. SWIM TEAM     | H.S. SWIM TEAM     | H.S. SWIM TEAM           |   |  |
| 4:00 PM - 5:30 PM   | 1 Lap Ln till 5 pm                           | NO LAP SWIM                  | 1 Lap Ln till 4:45 | 1 LAP LN TILL 4:45 | 1 LAP LN TILL 4:45       | 4 LAP LANES/<br>RECREATION                            | NO LAP SWIM/ SWIM<br>TEAM AND SPECIAL<br>OLYMPICS  |
|                     | NO LAP SWIM 5-5:30 PM                        | Lessons/Swim Team            | Lessons/Swim Team  | Lessons/Swim Team  | Lessons/Swim Team        |   |  |
| 5:30 PM - 6:30 PM   | NO LAP SWIM 5-5:30 PM                        | 2 LAP SWIM LANES at 5:45     | NO LAP SWIM        | 1 LAP SWIM LANE    | 1 LAP SWIM LANE          | 6:00 PM - 6:45 PM                                     | 6 LAP SWIM LANES   |
|                     | SWIM TEAM                                    | SWIM TEAM                    | SWIM TEAM          | SWIM TEAM          | SWIM TEAM                |   |  |
| 6:30 PM - 7:00 PM   | NO LAP SWIM                                  | 2 LAP SWIM LANES             | NO LAP SWIM        | 1 LAP SWIM LANE    | 1 LAP SWIM LANE          | H.S. SWIM TEAM PRACTICE DATES*                        | 11/20,11/21, 11/27, 11/28, 11/29, 11/30, 12/1<br>DEC. 4, 5, 6, 8, 11, 12, 13, 15, 18, 20, 21, 22 |
|                     | SWIM TEAM                                    | SWIM TEAM                    | SWIM TEAM          | SWIM TEAM          | SWIM TEAM                |   |  |
| 7:00 PM - 7:30 PM   | NO LAP SWIM                                  | 1 LAP SWIM LANE              | 1 LAP SWIM LANE    | NO LAP SWIM        | NO LAP SWIM              | H.S. SWIM TEAM PRACTICE DATES*                        | 11/20,11/21, 11/27, 11/28, 11/29, 11/30, 12/1<br>DEC. 4, 5, 6, 8, 11, 12, 13, 15, 18, 20, 21, 22 |
|                     | SWIM TEAM                                    | SWIM LESSONS                 | SWIM TEAM          | SWIM TEAM          | SWIM TEAM                |   |  |
| 7:30 PM - 8:00 PM   | NO LAP SWIM                                  | 1 LAP SWIM LANE till 7:50 pm | 1 LAP SWIM LANE    | 2 LAP SWIM LANES   | 3 Lap Lanes till 8:15 pm | H.S. SWIM TEAM PRACTICE DATES*                        | 11/20,11/21, 11/27, 11/28, 11/29, 11/30, 12/1<br>DEC. 4, 5, 6, 8, 11, 12, 13, 15, 18, 20, 21, 22 |
|                     | SWIM TEAM                                    | SWIM LESSONS                 | SWIM TEAM          | SWIM TEAM          | SWIM TEAM                |   |  |
| 8:00 PM - 9:00 PM   | 2 LAP SWIM LANES                             | 4 LAP SWIM LANES             | 1 LAP SWIM LANE    | 2 LAP SWIM LANES   | 4 LAP SWIM LANES         | H.S. SWIM TEAM PRACTICE DATES*                        | 11/20,11/21, 11/27, 11/28, 11/29, 11/30, 12/1<br>DEC. 4, 5, 6, 8, 11, 12, 13, 15, 18, 20, 21, 22 |
|                     | SWIM TEAM                                    | RECREATION                   | SWIM TEAM          | SWIM TEAM          | RECREATION               |   |  |

\* WHEN THERE IS NO H.S. SWIM TEAM DATE LISTED THERE WILL BE 4 LAP LANES AND 2 RECREATION LANES FROM 2:30 TO 4:00 PM

MONDAY 11/20 NO STINGRAYS SWIM TEAM PRACTICE - 2 LAP SWIM LANES 4-5:30 AND 4 LAP SWIM LANES 5:30 TO 8:45 PM. WED 11/22 - 3 LAP SWIM LANES 7:15 TO 8:45 PM

## Lap Swim Etiquette and Circle Swimming

Circle Swim: Much like traffic on a road, always swim on the right side of the lane. This means swimming on one side of the lane going down and the other side of the lane coming back. **Swimmers move in a counterclockwise circle**, hence the name.

To avoid conflict and make everyone's experience more enjoyable, please adhere to the following Lap **Swim Etiquette**:

### Lane Designations

When the pool is busy, swim lanes will be shared.

Make note of lanes that contain fast, medium, and slow swimmers.

Lifeguards monitor the lanes and may alter the configuration at any time.

Select a lane compatible with your preferred swimming speed.

Lifeguards may assist you with selecting the appropriate lane or ask you to move if your speed is not similar to those in your lane.

### Entering the Water

Enter the water feet first from the shallow end.

It is the responsibility of the swimmer entering the water to make sure the lane is clear of any other swimmers.

If there are swimmers approaching the wall as you are preparing to enter, wait until they have turned and started the next lap before entering the water so as not to interrupt their progress.

### Circle Swimming

Swimmers are required to follow the circle swim pattern. The customary traffic pattern is to stay to the right; that is to swim in a counterclockwise circle in the lane (see diagram).

It is the responsibility of the swimmer entering the lane to be sure that all the other swimmers in that lane are aware of his/her presence and the necessary traffic pattern.

Always swim complete laps of the pool.

Avoid stopping in the middle of the lane, this can interfere with the progress of other swimmers and cause collisions.

Stop only at the wall and once stopped, stay in the corner of the lane, preferably in 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.

### Speed

Slower swimmers must yield to faster swimmers.

Be aware of your space in the lane and orientation of others. If you are approaching the wall and another lap swimmer is gaining on you and swimming at a faster rate than you are, pause at the wall to allow the faster swimmer(s) to pass you.

Be courteous of drafting. Provide adequate distance between you and the swimmer ahead of you.

### Passing

Pass on the left hand side. If you are the slower swimmer and being overtaken at the turn, stop, and wait until the other swimmer has pushed off the wall.

A pass must be initiated in time to over-take the slower swimmer before the wall.

When using kickboards, please be aware of other swimmers in your lane and their needs to pass.

