



INDOOR POOL SCHEDULE

MARCH 1-31, 2020 | Updated 2/25/20. Subject to change.

MONDAY	5:30	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00
LANE 1				ADULT 8-9:45am								S.S. 4-4:45	GTS 4:30-6:45pm March 16: 4:30-6:45pm, 2 lanes with blocks, no outside practice			
LANE 2				ADULT 8-9:45am									GTS 4:30-6:45pm March 16: 4:30-6:45pm, 2 lanes with blocks, no outside practice			
LANE 3				ADULT 8-9:45am									GTS 4:30-6:45pm March 16: 4:30-6:45pm, 2 lanes with blocks, no outside practice			
LANE 4				ADULT 8-9:45am									GTS 4:30-6:45pm March 16: 4:30-6:45pm, 2 lanes with blocks, no outside practice			
LANE 5					AQUAFIT 9:15- 10:15am											
LANE 6					AQUAFIT 9:15- 10:15am											
LANE 7					AQUAFIT 9:15- 10:15am											
LANE 8					AQUAFIT 9:15- 10:15am											

TUESDAY	5:30	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00
LANE 1					DEEP H2O 9:15- 10:15a							S.S. 4-4:45	GTS 4:30-6:45pm March 17: 4:30-6:45pm, 2 lanes with blocks, no outside practice			SWIM CONDITIONING 7:15- 8:15pm
LANE 2					DEEP H2O 9:15- 10:15a							S.S. 4-4:45	GTS 4:30-6:45pm March 17: 4:30-6:45pm, 2 lanes with blocks, no outside practice			SWIM CONDITIONING 7:15- 8:15pm
LANE 3					DEEP H2O 9:15- 10:15a							S.S. 4-4:45	GTS 4:30-6:45pm March 17: 4:30-6:45pm, 2 lanes with blocks, no outside practice			SWIM CONDITIONING 7:15- 8:15pm
LANE 4					DEEP H2O 9:15- 10:15a							S.S. 4-4:45	GTS 4:30-6:45pm March 17: 4:30-6:45pm, 2 lanes with blocks, no outside practice			SWIM CONDITIONING 7:15- 8:15pm
LANE 5					DEEP H2O 9:15- 10:15a											
LANE 6					DEEP H2O 9:15- 10:15a											
LANE 7					DEEP H2O 9:15- 10:15a											
LANE 8					DEEP H2O 9:15- 10:15a											

WEDNESDAY	5:30	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00
LANE 1												GTS 4:30-6:45pm March 18: 4:30-6:45pm, 2 lanes with blocks, no outside practice				
LANE 2												GTS 4:30-6:45pm March 18: 4:30-6:45pm, 2 lanes with blocks, no outside practice				
LANE 3												GTS 4:30-6:45pm March 18: 4:30-6:45pm, 2 lanes with blocks, no outside practice				
LANE 4												GTS 4:30-6:45pm March 18: 4:30-6:45pm, 2 lanes with blocks, no outside practice				
LANE 5					AQUAFIT 9:15- 10:15am											
LANE 6					AQUAFIT 9:15- 10:15am											
LANE 7					AQUAFIT 9:15- 10:15am											
LANE 8					AQUAFIT 9:15- 10:15am											

THURSDAY	5:30	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00
LANE 1					DEEP H2O 9:15- 10:15am			ADULT SWIM COND.				S.S. 4-5:30pm	GTS 4:30-6:45 March 19: 4:30- 6:45pm, 2 lanes with blocks			SWIM CONDITIONING 7:15- 8:15pm
LANE 2					DEEP H2O 9:15- 10:15am			ADULT SWIM COND.				S.S. 4-5:30pm	GTS 4:30-6:45 March 19: 4:30- 6:45pm, 2 lanes with blocks			SWIM CONDITIONING 7:15- 8:15pm
LANE 3					DEEP H2O 9:15- 10:15am			ADULT SWIM COND.				S.S. 4-5:30pm	GTS 4:30-6:45 March 19: 4:30- 6:45pm, 2 lanes with blocks			SWIM CONDITIONING 7:15- 8:15pm
LANE 4					DEEP H2O 9:15- 10:15am			ADULT SWIM COND.				S.S. 4-5:30pm	GTS 4:30-6:45 March 19: 4:30- 6:45pm, 2 lanes with blocks			SWIM CONDITIONING 7:15- 8:15pm
LANE 5					DEEP H2O 9:15- 10:15am			ADULT SWIM COND.								
LANE 6					DEEP H2O 9:15- 10:15am			ADULT SWIM COND.								
LANE 7					DEEP H2O 9:15- 10:15am			ADULT SWIM COND.								
LANE 8					DEEP H2O 9:15- 10:15am			ADULT SWIM COND.								

FRIDAY	5:30	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00
LANE 1					DEEP H2O 9:15- 10:15a							S.S. 4-4:45	GTS 4:30-6:45pm March 6: 4:30-7:30pm March 20: 4:30-6:45pm, 2 lanes with blocks			
LANE 2					DEEP H2O 9:15- 10:15a							S.S. 4-4:45	GTS 4:30-6:45pm March 6: 4:30-7:30pm March 20: 4:30-6:45pm, 2 lanes with blocks			
LANE 3					DEEP H2O 9:15- 10:15a							S.S. 4-4:45	GTS 4:30-6:45pm March 6: 4:30-7:30pm March 20: 4:30-6:45pm, 2 lanes with blocks			
LANE 4					DEEP H2O 9:15- 10:15a							S.S. 4-4:45	GTS 4:30-6:45pm March 6: 4:30-7:30pm March 20: 4:30-6:45pm, 2 lanes with blocks			
LANE 5					DEEP H2O 9:15- 10:15a											
LANE 6					DEEP H2O 9:15- 10:15a											
LANE 7					DEEP H2O 9:15- 10:15a											
LANE 8					DEEP H2O 9:15- 10:15a											

SATURDAY	7:00	8:00	9:00	10:00	11:00	12:00	5:00+
LANE 1	GTS 6-8am		DEEP H2O	S.S. 10-10:45am			
LANE 2	GTS 6-8am		DEEP H2O	S.S. 10-10:45am			
LANE 3	GTS 6-8am		DEEP H2O	S.S. 10-10:45am			
LANE 4	GTS 6-8am		DEEP H2O	S.S. 10-10:45am			
LANE 5	GTS 6-8am		DEEP H2O	S.S. 10-10:45am			
LANE 6			LESSONS 9:30-11:30am				
LANE 7			LESSONS 9:30-11:30am				
LANE 8			LESSONS 9:30-11:30am				

SUNDAY	7:00	8:00	9:00	10:00	11:00	12:00	5:00+
LANE 1				S.S. 10-10:45am			
LANE 2				S.S. 10-10:45am			
LANE 3				S.S. 10-10:45am			
LANE 4				S.S. 10-10:45am			
LANE 5				S.S. 10-10:45am			
LANE 6				S.S. 10-10:45am			
LANE 7				S.S. 10-10:45am			
LANE 8				S.S. 10-10:45am			

KEY

Lane 1 – West Lane 8 – East

Lap Swim

POOL POLICIES, RULES AND ETIQUETTE

- NO LIFEGUARD ON DUTY, SWIM AT YOUR OWN RISK!**
- In event of inclement weather** GTS may be moved indoors affecting lane availability from 4:30-7:30pm, Monday-Friday.
- Please refer to Club Greenwood Swim Policies.
- Must be 13 years old and have Junior Certificate to use pool without parental supervision. Please refer to Club Greenwood Youth Policy.
- Private lessons may take place in open lanes.
- LAP SWIM is for lap swimmers, water walkers and other water exercise. No diving. Sharing lanes is preferred:
 - Inform the person when you enter the lane.
 - If two swimmers, split the lane.
 - If three or more, circle swim and stay to the right.
 - Tap the foot of the person in front of you if you wish to pass. Wait to pass at the wall.
 - Be aware of the speed of others in the lane.

EVENTS AND SPECIAL NOTES

- No Indoors or Outdoors GTS practice** on Saturday, March 7.
- GTS Practices-2 lanes with blocks, Indoors only:** Saturday, March 14, 7-8am; Monday-Saturday, March 16-21, 4:30-6:45pm.
- GTS Indoors only practice:** Friday March 6, 4:30-7pm.

OUTDOOR POOL SCHEDULE

MARCH 1-31, 2020 | Updated 2/25/20. Subject to change

MONDAY	5:30	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00
LANE 6	MASTERS 5:30-6:45am							MASTERS 11am-12pm					GTS 4:30-7:30pm			
LANE 5																
LANE 4																
LANE 3																
LANE 2																
LANE 1																

TUESDAY	5:30	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00
LANE 6						MASTERS 11am-12pm						GTS 4:30-7:30pm				
LANE 5																
LANE 4																
LANE 3																
LANE 2																
LANE 1																

WEDNESDAY	5:30	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00
LANE 6	MASTERS 5:30-6:45am											GTS 4:30-7:30pm March 18: No outdoors practice				
LANE 5																
LANE 4																
LANE 3																
LANE 2																
LANE 1																

THURSDAY	5:30	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00
LANE 6						MASTERS 11am-12pm						GTS 4:30-7:30pm March 19: No outdoors practice				
LANE 5																
LANE 4																
LANE 3																
LANE 2																
LANE 1																

FRIDAY	5:30	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00
LANE 6	MASTERS 5:30-6:45am							MASTERS 11am-12pm					GTS 4:30-7:30pm March 6: 4:30-7:30pm 5 lanes indoors, no outdoors practice. March 20: No outdoors practice			
LANE 5																
LANE 4																
LANE 3																
LANE 2																
LANE 1																

SATURDAY	6:00	8:00	9:00	10:00	11:00	12:00	5:00+	
LANE 6	MASTERS 8-9:15am							
LANE 5								
LANE 4								
LANE 3								
LANE 2								
LANE 1								

SUNDAY	6:00	8:00	9:00	10:00	11:00	12:00	5:00+
LANE 6							
LANE 5							
LANE 4							
LANE 3							
LANE 2							
LANE 1							

KEY

Lane 1 - East Lane 6 - West

Lap Swim

POOL POLICIES, RULES AND ETIQUETTE

- **NO LIFEGUARD ON DUTY, SWIM AT YOUR OWN RISK!**
- In event of inclement weather GTS may be moved indoors affecting lane availability from 4:30-7:30pm, Monday-Friday.
- Please refer to Club Greenwood Swim Policies.
- Must be 13 years old and have Junior Certificate to use pool without parental supervision. Please refer to Club Greenwood Youth Policy.
- LAP SWIM is for lap swimmers, water walkers and other water exercise. No diving. Sharing lanes is preferred:
 - Inform the person when you enter the lane.
 - If two swimmers, split the lane.
 - If three or more, circle swim and stay to the right.
 - Tap the foot of the person in front of you if you wish to pass. Wait to pass at the wall.
 - Be aware of the speed of others in the lane.

EVENTS AND SPECIAL NOTES

- **Outdoor pool closed for cleaning 1:00-4:00pm the second Friday of every month except June, July and August.**
- **No Indoors or Outdoors GTS practice on Saturday, March 7**
- **No Outdoor GTS Practices:** Friday, March 6, 4:30-7pm; Saturday, March 14, 7-8am; Monday-Tuesday, March 16-17, 4:30-6pm