

City of Palo Alto Aquatics
Lap Swim
August 24, 2009 – June 13, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:15am - 2:45pm	6:00am - 9:30am	11:15am - 2:45pm	6:00am - 9:30am	11:15am - 2:45pm	6:00am - 9:30am	7:00am - 9:30am
6:30pm - 8:45pm*	1:30pm - 4:30pm**	6:30pm - 8:45pm*	1:30pm - 4:30pm**	6:30pm - 8:45pm*	5:00pm - 7:30pm	5:00pm - 8:30pm

*Share pool with PASA until 7pm and with City of Palo Alto Programs until 8pm

**Share pool with PASA from 4pm to 4:30pm.

General (age 59 & under)	\$4.00	\$30.00	\$3.00	\$3.50
Senior (age 60 & over)	\$3.00	\$20.00	\$2.00	\$2.50

<u>Admission</u>	<u>Daily Drop In</u>	<u>Resident Ticket Books</u> (10 Tickets per book)	<u>Resident Membership</u> ***	<u>Non Resident Membership</u> ***
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*** Membership: A deduction system. Swimmers place money in their membership account. The card is swiped at the pool and the swim fee is debited. Membership swim fees are above and vary by program. Membership may be acquired at Lucie Stern Community Center (M-F 8:30am-5:30pm)

Save a trip! Add more swims over the phone with your Visa or MasterCard – (650)463-4900.

New and Improved Aquatics Website

www.cityofpaloalto.org/aquatics

Join: Lap Swim Email Distribution List

annie.bunten@cityofpaloalto.org

LAP SWIM ETIQUETTE - CIRCLE SWIMMING

Lap Swimming at Rinconada Pool involves *circle swimming*, whenever appropriate. Circle swimming is necessary when three (3) or more swimmers are attempting to swim laps in each lane.

Below is the Eightfold Path of Circle Swimming. *Courtesy* (and safety) is the name of the game.

1. It helps the flow of "traffic" if you swim in the appropriate lane. The orange cones at the end of each lane marked S, M, F refer to your swimming pace-- "slow," "medium," and "fast" respectively. The lifeguards can ask you to switch lanes if they feel your speed is too slow or too fast for the designated lane. The speed rule can be overlooked if there are two people per lane however as soon as third person enters the speed rule has to be observed.
2. If you are the third swimmer entering a lane, please alert the other two that you will be joining them. Circle swimming should then begin in a counterclockwise direction (just like driving a car).
3. Please give each swimmer in your lane "breathing room"-- ideally, swimmers should begin about 1/2 of a lap apart.
4. To pass swimmers, please tap their foot lightly indicating that you will be swimming around them. Then, move to the center of the lane and pass them. Once in front of them, safely move back into the right hand side of the lane.
5. If you are tapped on the foot by a swimmer behind you, maintain your pace or *slow down* slightly allowing the swimmer to pass. DO NOT SPEED UP!
6. When you feel the need to rest or take a break at the wall, please do so in either corner next to the lane line.
7. When using kickboards, please be (visually) aware of other swimmers in your lane and their needs to pass.
8. Always enter and exit a lane safely, being aware of other swimmers' presence.

Youth and teens will be admitted, at the regular fee, to lap swim as long as they are able swim continuous laps at all times. Recreational swimming will not be permitted during lap swim hours. Children age 10 and under must be supervised by a parent or responsible adult who is at least 18 years of age.

Membership Card Information:

Card Replacement Policy:

\$5 fee will be charged for replacement of lost card.

Card Use Policy:

Swim Card only applies to individual on the card.

Further Contact Information:

Hotline: 650.463.4914
 Rinconada Pool: 650.329.2351
 Aquatics Coordinator: 650.463.4929