

LAP POOL USE DIAGRAM							
Current from November 15, 2021							
Lane Sharing Guidelines:	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	Please Note:
Maintain physical distance at lane ends.	GROUP EXERCISE, SWIM LESSONS, WALKING, LAP SWIM	GROUP EXERCISE, SWIM LESSONS, WALKING, LAP SWIM	LAP SWIM, DEEP EXERCISE	MAKOS, GROUP EX CLASS, LAP SWIM, DEEP EXERCISE	GROUP EX CLASS, MAKOS, LIFEGUARD CLASS, LAP SWIM, DEEP EXERCISE	GROUP EX CLASS, MAKOS, LIFEGUARD CLASS, LAP SWIM, DEEP EXERCISE	<p>Our Silver Swim Instructor, Dr. Zoe, teaches Covid safe lessons in the first lane of the lap pool from time to time. Please, socially distance as you enter and exit at the lap pool stairs during these lessons. The opposite end of the lane is open during this time for member use.</p>
Safety First! Circle swim and use proper lane etiquette.							
Please respect the rights of those who do not want to share. Lane sharing is encouraged but not mandatory. Please limit lane sharing to 4 persons at this time.							
This use diagram outlines activities that may take place within each lane on a daily basis.							
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	<p>Mississippi Makos Swim Team (MMST) will be practicing in three lanes of the lap pool Monday through Friday from 4p-6p. We are proud to provide a space for these developing athletes.</p>
Lane Depth	Shallowest 4.5 FT					Deepest 6.5 FT	
Lap Swimmer Speed	Lower Intensity Workouts	Lower Intensity Workouts	Medium Intensity Workouts	Higher Intensity Workouts	Higher Intensity Workouts	Higher Intensity Workouts	