LIBERTY ATHLETIC CLUB	Lane	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY			
		1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Indoor 25 Yard Lap Pool	5:30 6:00																					CLUB OPENS at 7:00am				CLUB OPENS at 7:00am			
	7:00 7:30	Master Swim				Master Swim				Master S								Master S			Master				Master				
Schedule LANES	8:00 8:30		Δ.	l 				świm			Δο	Swim				Master Swim				Swim			e e				er —		
	9:00	Aqua Bootcamp							Aqua Bootcamp																				
Lane 1 Closest to Lobby	9:30																												
Lane 4 Closest to Steam Room	10:00 10:30																									Swim Clinics			
	11:00	Drop-In								Drop-In				Drop-In				Drop-In	CI	wim inics	vim nics 5 & 6								
	11:30 12:00				p-In				Drop-In				p-In				p-In				p-In	r isi	1000	p-In	p-In			p-In	Drop-In
Lane reservations are required and are available in 30 & 60 minute increments. Reservations may be made via the	12:30									•••••				•••••												Swim Team			
	1:00 1:30				H2O Fitness							H2O Fitness																	
	2:00 2:30					•••••				•••••				•••••				•••••				•••••			=	•••••			
mobile App, online or by calling the front desk.	3:00													•••••															
Orange =	4:00 4:30									•••••				•••••												•••••			
DROP-IN swimming. Lane sharing protocols apply.	5:00 5:30	Swim Clinics		Drop-l				Drop-I	Sw Clin	nics		Drop-li				Drop-I				Drop-l									
	6:00 6:30		5 & 6 vim)-In	•••••)-In		5 & 6 /im	Tri Fit)-In	•••••			9-In)-In					••••			
Dark Blue =	7:00 7:30		am								am												İ						
Reserved for swim programs/ clinics.	8:00																					CI		CLOS 30pm			.UB C at 7:3		
	9:00 CLUB CLOSES 9:30 at 9:00pm			CLUB CLOSES at 9:00pm				CLUB CLOSES at 9:00pm				CLUB CLOSES at 9:00pm				CLUB CLOSES at 9:00pm				at 7:30pm				at 7:30pm					

LANE RESERVATIONS REQUIRED

Lane reservations are required and are available in 30 & 60 minute increments. Reservations may be made via the mobile App, online, or by calling the front desk at 734-665-3738 ext. 110.

LAP SWIMMING ETIQUETTE

Arrive on time for your scheduled reservation. Vacate lane when reservation time is up.

If you are unable to keep your reservation, please cancel via the mobile App, online or by calling the front desk at 734-665-3738 ext. 110.

MASTER SWIM

Master Swim is an independent block of morning swim time that will be offered to our seasoned swimmers, aged 18 and above. Participants in Master Swim may choose to circle swim together, swap workouts and techniques, and/or share their love of competitive swimming outside of competition.

Master Swim time requires a reservation and will be available to reserve on the following days/times:

Monday - Friday 5:30-7:30 a.m.

Saturday and Sunday 7:00- 8:00 a.m.





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