

# AQUATICS INFO



**EVERYTHING YOU NEED TO SWIM STRONG AT GMCF!**

WWW.GMCF.LIFE/AQUATICS    AQUATICS@GMCF.LIFE

## about our pool

- 1. 25 yards long
- 2. 6 lanes
- 3. 3 ft / 10 ft deep
- 4. ADA compliant
- 5. Salt-based chemistry

Questions?  
Email:  
aquatics@gmcf.life

## CLASSES & PROGRAMS

- U.S. MASTERS SWIMMING
- Aqua Aerobics
- KidSWIM
- Group swim lessons
- Private swim lessons
- Lifeguarding certification
- Swim & triathlon coaching
- Video swim analysis



## HOURS

Mon-Thu 5:00 AM - 8:30 PM  
 Fri 5:00 AM - 7:30 PM  
 Sat 7:00 AM - 6:30 PM  
 Sun 8:00 AM - 6:30 PM

## LANE TYPES

- 01 RESERVED**  
LAP SWIMMING, LESSONS, INDIVIDUAL AEROBICS, PT
- 02 SHARED**  
LAP SWIMMING, LANE SHARING, LESSONS, PT
- 03 OPEN SWIM**  
RECREATIONAL SWIMMING, LESSONS

## FREQUENTLY ASKED QUESTIONS

### There's an empty lane. Can I just hop in?

**No**, not unless it's a **shared lane**! You need to **check the schedule first**. Someone may be en route for their reserved lane, or a new reservation may be upcoming. The simplest way to check if you're already at the pool is to **stop by the front desk**. **You must have a reservation to swim in reserved lanes.**

### Can I lap swim without a reservation?

**Yes**, during **Shared/Lesson times**, provided there are no lessons scheduled. Check the pool schedule in our web portal or call the front desk to confirm.

### Do I need a reservation for Open Swim?

**No reservations** are required for **Open Swim**, but **we recommend checking** the pool schedule or calling the front desk before departing to make sure no **special programs** have been scheduled.

### How do I sign up for Aqua Aerobics or Masters?

**Aqua Aerobics** and **Masters** are **classes** - you can sign up for any class in the **web portal** or **member app** using **class credits**. The Front Desk can also assist you.

<b>REFERENCE</b>	<b>COMPETITION MILE</b>
	YARDS = 1650 LENGTHS = 66
	<b>TRUE MILE</b>
	YARDS = 1760 LENGTHS = 70.4
	<b>OTHER DISTANCES</b>
	1/2 TRUE MILE = 880 YARDS / 35.2 LENGTHS
	1/4 TRUE MILE = 440 YARDS / 17.6 LENGTHS
	IRONMAN SWIM = 4224 YARDS / 168.96 LENGTHS

# How to Reserve a Lane

### Web Portal

Log into your account at <https://gmcf.clubautomation.com/>  
 Click **Lane/Court Reservations**  
 Click **Reserve a Lane**  
 Find an **open spot** on the schedule and select the duration of your desired reservation by highlighting the spot; **each purple box added = 15 minutes**. Reservations may be **30** or **60 minutes**. Click **Save Reservation**

### Member App

Once downloaded and logged in, select **Reservations**  
 Select **Swimming** under "Service"  
 Select the **date** and **duration** of the reservation you want to make. Under **Advanced Options** you can select **specific lanes** (otherwise, the system will place you in the first available lane)  
 Tap **Search**  
 Select your **desired time** from the available reservation times  
 Tap **Reserve**

### Front Desk

If you prefer, the **Front Desk** at GMCF can make a reservation for you. You may **stop by in person** or call **(802) 223-6161**.

- Lane reservations are at **no extra cost** to **Pool Members & All Access Members**
- **Non-Members** and **Gym Only Members** must pay a usage fee