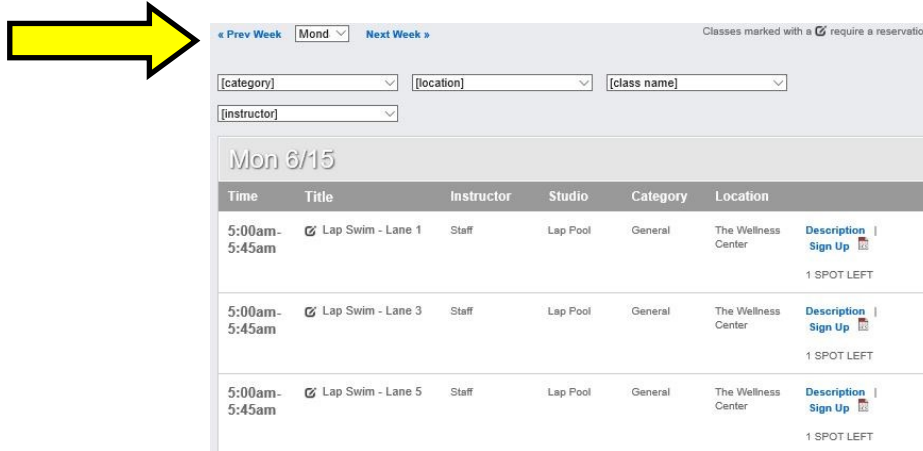


How To Reserve A Swim Lane

Step 1: Access the schedule via our website (navicenthealth.org/wellnesscenter) or on our Facebook page.

Step 2: Choose which day(s) you would like to reserve a swim lane.

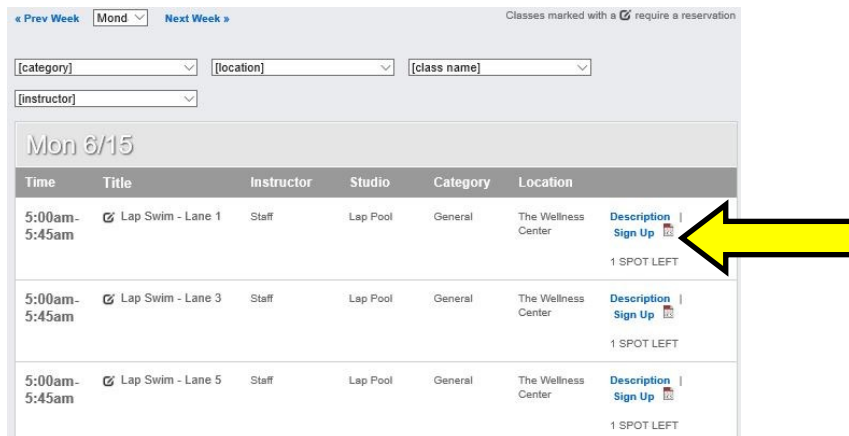


The screenshot shows a web interface for selecting a swim lane. At the top, there are navigation links for « Prev Week, **Mon**, and Next Week ». Below these are filters for [category], [location], [class name], and [instructor]. The main section is titled "Mon 6/15" and contains a table of swim lanes. A large yellow arrow points to the "Mon" day selector.

Time	Title	Instructor	Studio	Category	Location	Description	Sign Up
5:00am-5:45am	Lap Swim - Lane 1	Staff	Lap Pool	General	The Wellness Center		1 SPOT LEFT
5:00am-5:45am	Lap Swim - Lane 3	Staff	Lap Pool	General	The Wellness Center		1 SPOT LEFT
5:00am-5:45am	Lap Swim - Lane 5	Staff	Lap Pool	General	The Wellness Center		1 SPOT LEFT

Step 3: Scroll down to find your desired time slot.

Step 4: Select which lane you prefer and then click the “Sign Up” link to the right.



This screenshot is similar to the previous one, but a yellow arrow points to the "Sign Up" link in the first row of the table.

Time	Title	Instructor	Studio	Category	Location	Description	Sign Up
5:00am-5:45am	Lap Swim - Lane 1	Staff	Lap Pool	General	The Wellness Center		1 SPOT LEFT
5:00am-5:45am	Lap Swim - Lane 3	Staff	Lap Pool	General	The Wellness Center		1 SPOT LEFT
5:00am-5:45am	Lap Swim - Lane 5	Staff	Lap Pool	General	The Wellness Center		1 SPOT LEFT

Step 5: Log in to your account. If you have not set up an account, you may do so at this time.

Step 6: Select “Reserve A Spot”. You will get an email confirmation that your spot has been reserved.



The screenshot shows a detailed view of a swim lane: "Lap Swim - Lane 1" with the time "5:00am - 5:45am" and the date "06/15/2020". It indicates "1 Spots Available". A yellow arrow points down to a blue button labeled "Reserve a Spot".

Step 7: If you need to cancel your reservation, please log into your account and cancel your spot.

Step 8: If you are placed on the waitlist for your desired lane/time, you will get an email if the spot becomes available.