

GENERAL LAP GUIDELINES

GENERAL LAP SWIM ETIQUETTE

- If there is more than one swimmer in a lane the first person to enter the lane can choose the method of sharing the lane, unless the lane is designated for circle swim.
 - Enter and exit only at the end of the lane.
 - Passing slower swimmers should be done at the end of the lane.
 - Swimmers resting at the end of a lane should stay to the side to allow other swimmers to pass.
 - Be aware of where other swimmers in your lane are.
 - Any swimmer desiring to join a lane should get the attention of swimmers currently in the lane to ensure they are aware of their presence before entering the water.
- During designated lap swim times, adult lap swimming is the primary use of the lanes.
 - *Youth may swim in the lap lanes if:*
 - they have passed the swim test
 - they are not interfering with lap swimmers in other lanes
 - other adults are not waiting to swim laps

CIRCLE SWIM ETIQUETTE

- Follow all general Lap Swim guidelines above.
- Swim in a counter-clockwise fashion.
- Swim to the right of the center line on the bottom.
- Do not swim two abreast.
- Faster swimmers should go first, slower swimmers follow.

1 Length = 25 Yards • 1 Mile = 72 Lengths

1 OR 2 SWIMMERS: SIDE BY SIDE SWIM



3 OR MORE SWIMMERS: CIRCLE SWIM



- Deep-water exercisers may use the lanes to exercise if space is available.

- During scheduled hours, water exercise classes will use all lanes. *Lifeguards will clear the lanes and move the lane lines 5 minutes prior to the start time of the class.*

Swimmers should always respect each other and YMCA staff.