



Lap swimming is an enjoyable, stress reducing form of exercise. In order for everyone to enjoy lap swimming you must “circle swim” in each lane when it warrants three or more people in a lane.

Circle swimming is the way for 3, 4, 5, or more swimmers to swim in each lane. Simply, **swim like you drive** (down the right side, to the wall, do a “U-turn” and then stay on the right on the way back). If you want to pass, do so on the left and then return to the right.

The following basic guidelines have been developed with your lap swimming enjoyment in mind along with our need to accommodate the lap swimmers coming to the Center.

1. **Share a lane.** While typical at some pools, swimmers simply enter a lane with someone of similar ability, yet here at the Aquatic & Fitness Center, you may be asked by a second or third swimmer or more, if they can swim in your lane. The answer, is always “Absolutely.”
2. **Circle Swim.** You can begin to circle swim with two people in a lane, but you must with three or more. (Yes, it is possible to have more than three people in one lane!)
3. **Be courteous.** When someone leaves the wall to swim, give that swimmer enough room so that you do not catch them within a few feet of the wall. Since we may have several people wanting to swim at the same time, people will have to be in the same lane together so expect others to get into a lane with you.
4. **Be aware.** If you swim more slowly, others will want to pass you—allow them. Circle swimming makes it easier to pass and to be passed. There is also enough room in the lane to allow swimmers to swim a variety of strokes.
5. **And finally.** Please realize, it is not uncommon for a number of unexpected things to happen. You may accidentally get hit in the hand by the hand of another swimmer passing you or who is swimming by you in the other direction. You may also get tapped on the feet from behind. If this happens, someone may want to pass, so allow them. All this is normal.

These guidelines for lap swimming are the very same that swimmers five years and older use when training for competitive swimming. We hope this helps.

Have a great swim!

