



Lap Swimming

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.

When you choose a lane, please judge your own abilities and speed and also the abilities and speeds of the other swimmers in the lane. For example, if you are a fast swimmer, choose a lane with other swimmers who also swim at a faster pace even if there may be more room in a less crowded lane.

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 10 or more 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.

Also, if you swim more slowly, others may 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.

Please be aware, 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!

