

## LAP SWIMMING

TWO (2) DESIGNATED LANES FOR ADULT LAP SWIMMING ONLY WILL BE AVAILABLE IF NOT BEING USED FOR SCHEDULED SWIM TEAM ACTIVITIES.

LAP SWIMMERS SHOULD SWIM COUNTERCLOCKWISE NEAR THE LANE MARKERS. CIRCLE SWIMMING IS THE DEFAULT RULE FOR ALL LAP LANES. PASS IN THE MIDDLE WHEN MORE THAN TWO (2) SWIMMERS ARE IN A LANE.

YOUTHS WHO SHOW EVIDENCE OF BEING SERIOUS LAP SWIMMERS MAY BE GRANTED PERMISSION BY THE MANAGER TO SWIM LAPS IN THE LAPS LANES DURING GENERAL SWIM OR LAP SWIMMING TIMES.

LAP SWIMMERS SHOULD ARRANGE THEMSELVES BY SPEED IN THE LANES, SHOULD STOP ONLY AT THE TURNING WALLS AND MOVE TO THE SIDE TO ALLOW OTHERS TO TURN AND CONTINUE.