



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Lap Swim Etiquette

Lap swimming, or endurance swimming, is for those who want a continuous swimming workout. There is no age-limit. Please remember, this is a continuous swimming activity.

- Two swimmers in a lane may split the lane with each swimmer taking a side and swimming continuously on that side.
- If a third swimmer joins that lane, a circle swim pattern will have to take place. Swimmers swim down the right side of the lane and return on the right side of the lane just as you drive a car, always on the right side.
- To help avoid collisions and potential injury in a lane, swimmers joining others in a lane must make sure that the first swimmer is aware you have entered the lane.
- Lanes must be shared if the pool conditions require it. We are all here to work together and to have an enjoyable experience.
- Lifeguard has the authority to ask persons to share lanes and require swimmers to use proper etiquette when swimming in the YMCA Pool.
- Check pool schedule for times and lap-lane availability. Schedules may be adjusted or changed as circumstances and pool usage change.

