



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Lap Swimming Rules

Lap swim rules may be altered at the discretion of the lifeguards at any time

- Check the lap swim schedule before you come to the pool.
- Lap lanes are available for Adult swimmers* who are able to perform a proper stroke and are able to tread water for one minute in the deep end.
- Choose the lane that matches your speed. (Slow, Medium or Fast)
- Notify other swimmers before entering the lane.
- Enter feet first slide in entry from the shallow end of the pool.
- 2 Swimmers must split the lane.
- 3 and more swimmers must swim in a counter-clockwise circle pattern.
- Lap lanes can support up to 4 adult swimmers of same speed, unless otherwise is instructed by the lifeguard. (You must wait until the lane becomes available).
- Choose a stroke that fits in one side of the lane only.
- You may swim any stroke, unless your stroke interfere other swimmers in the lane.(The lifeguard may ask you to change your stroke for safety of others)
- No jumping and diving is allowed for lap swimmers.
- No stopping, walking, exercising, socializing in the lap lanes, otherwise you will be asked to move to water walking lane immediately.
- No underwater lap swimming is allowed.
- Using swim fins, kickboards, and hand paddles are at the discretion of the lifeguards.
- No noodles, water weights, or any kind of inflatables in the lap lane.
- Do not touch the lane lines, and do not hang on, or climb on them.
- There is absolutely no spitting.
- Proper swim attire is required. (No see thorough or lose straps swim suit, undergarments)
- Hair must be tight back or use a swim cap.
- Lap swim is limited to 30-50 minutes depending on crowd. Limit your lap swimming time.
- Private lessons may be scheduled during lap swimming all day.)
- During morning lap swim time, one or more lanes are designated for water walkers.
- Be aware of emergency drills during lap swim time. All swimmers must evacuate the pool and follow the lifeguard's instruction.
- In case of an emergency evacuate the pool as soon as possible and follow lifeguards instructions.
- All other general pool rules apply to lap swimmers.

***Lap swimming for swim team level swimmers:**

- Swim team level swimmers ages 15-17 may swim laps under special circumstances. They must get approval from aquatics director in advance.