

Lap Swimming

As a lap swimmer, it is very important to realize that our pool has a limited number of lanes, and there may be two or more swimmers per lane. You may find yourself swimming with someone who swims faster or slower than you. Lap lanes are reserved for lap swimming only, unless otherwise noted on the pool schedule. Water Walking is allowed in the slow lane only.

All facility members and guests ages 12 and over are allowed to swim laps during lap time and recreational time. Patrons who are 10-11 years old may lap swim, if a parent/guardian is present in the facility. Patrons 4-9 years old MUST complete and pass a swim test before they can swim in the lap lanes and parent must be in the natatorium.

We reserve the right to swim test any patron, regardless of age.

*(A successful swim test is two consecutive, complete laps of freestyle, breast stroke, or butterfly. If a patron is unable to complete a swim test, they will be asked to vacate the lap lanes).

Circle Swimming

Circle swimming is required when there are three (3) or more swimmers per lane. In this case, all swimmers will stay on the right side of the lane. Please wait at the end of the pool until all swimmers in the lane have noticed that you will be joining the lane.

If two people are already in the lane, stand in the water at the ends of the lane and wait for the other two lap swimmers to acknowledge you. You can also ask the lifeguard(s) for assistance. When you reach the walls while swimming, check for any other swimmers who may want to join the lane.

Choosing the Appropriate Speed Lane

Each lane is designated as Slow, Medium, or Fast. Swimming in the appropriate speed lane will make your workout more enjoyable. It is the lifeguard's responsibility to match swimmers with the appropriate speed lane. For safety, the lifeguard may ask swimmers to move to different lanes to accommodate faster or slower swimmers.

People Passing

As a general rule, if you feel the person behind you is creeping up to your feet, stop at the end of the pool and let him/her pass. If you are doing the passing, please wait until you get to the end of the lane to pass.