

LAP SWIMMING ETIQUETTE

The Aquatic Center strives to provide an atmosphere that welcomes swimmers of all ages and abilities to use the facility for a variety of aquatic fitness needs. Please be mindful of other swimmers and remember to share lanes, especially during high volume times.

Lane Designations - When choosing a lane, join with a swimmer who matches your speed, then notify the swimmer that you are joining them. Lodge staff may ask lap swimmers to change lanes as needed.

Ask Questions - Ask the lifeguard for help if you would like to know how long workouts have been in progress or what lane matches your workout level.

Treading Water - If you are treading water, please be mindful of other swimmers and choose a slow lane to tread in. You must be treading continuously back and forth.

Water Walking - Water walking is not allowed in the lap swimming lanes. Please use the shallow area outside of the lap lanes for water walking.

Sharing Lanes – Due to COVID-19, a maximum of two swimmers may split the lane but remain on their own half of the lane throughout workout.

Circle Swimming – Due to COVID-19, circle swimming or more than two swimmers in a lane is not allowed.

Ages - Lap swimming is for all ages as long as you are continuously swimming.