

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 - TWO SWIMMERS: MAY EACH TAKE ONE SIDE OF THE LANE. THREE OR MORE SWIMMERS MUST CIRCLE SWIM.

CIRCLE SWIMMING - SWIM ON THE RIGHT SIDE OF THE LANE LEAVING THE CENTER OF THE LANE OPEN FOR PASSING. IF YOU NEED TO PASS A FELLOW SWIMMER INDICATE THIS BY TAPPING THE PERSON ON THEIR FOOT AND THEN QUICKLY PASS IN THE MIDDLE OF THE LANE, BEING CAUTIOUS OF ONCOMING SWIMMERS.

JOINING A WORKOUT - IF THERE IS A WORKOUT SET IN PROGRESS, YOU MAY ONLY JOIN AS PART OF THE SET.

SPEED - SLOWER SWIMMERS MUST YIELD TO FASTER SWIMMERS.

PASSING - PASS ON THE LEFT BY GENTLY TAPPING THE SWIMMER ON THEIR FOOT.

AGES - LAP SWIMMING IS FOR ALL AGES AS LONG AS YOU ARE CONTINUOUSLY SWIMMING.