



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ADULT LAP SWIM RULES AND REGULATIONS

Lap swim lanes are reserved for ages 14 and older and are for the purpose of swimming from one end of the pool to the other for exercise. The lane line should be in the pool unless specified otherwise in the pool schedule.

One swimmer per lane is permitted during lap swim so that each swimmer can have their own lane. If an additional swimmer joins them, they either have the choice of waiting for an individual lane or circle swimming. Circle swimming will be performed in a counter clockwise direction with the right side swimming close to the lane line. As soon as the number of swimmers is equal to or less than lanes available, the guard should notify the swimmers that they may take a single lane.

Youth under the age of 14 are permitted to swim laps if there is a lane available; however, an adult lap swimmer will take priority upon his or her arrival. The youth swimmer must be swimming in a proper manner and not interfering with other lap swimmers in that lane.

Water Walkers are permitted in the lap swim lanes if there is a lane available; however, an adult lap swimmer will take priority upon his or her arrival and water walkers will be asked to move to the open swim area or exit the pool and wait for an open lane if open swim is not available.