

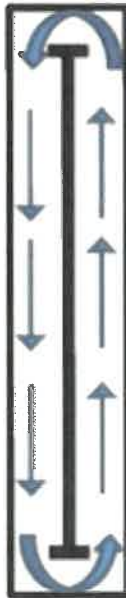
Lap Swim Rules

1. **Two Lanes** are always reserved for lap swim only.
2. In the event of multiple swimmers, be prepared to share a lane.
3. Aquatic exercise is allowed in these lanes **ONLY** if no one is lap swimming.
4. Rest breaks should be taken at either end of the lane.
5. Please exit the lap lane when finishing swimming.
6. Please do not swim through or stop in the middle of lanes while people are lap swimming.
7. If you have any questions regarding lap swim rules, please see the lifeguard on duty.



**For 2 swimmers
in a lane, please:**

1. Share a lane.
2. Spit the lane in half at the lane line.
3. Stay on your side.
4. When finished swimming, exit the pool at the end of the lane.



**For 3 or more
swimmers in a lane,
please:**

1. Circle swim. Swim counter-clockwise to your right.
2. When passing a swimmer, pass on the left.
3. When finished swimming, exit the pool at the end of the lane.

**1 Length = 25 meters
1 Lap = 50 meters
32 Laps = 1 mile**