



At all times be aware of your space in the lane and the orientation of others. Please modify your stroke to avoid collisions. Also try not to kick or swing your arms into another lane.

If you use kickboards or pull buoys, please put them away when exiting the pool.

Please be courteous and responsive if you are asked to move lanes by a lifeguard or instructor. Lifeguards and instructor have final say in lane placement if a problem arises.

If you have questions or concerns, the lifeguard or instructor on duty will gladly assist you.

Thank you!

### **Circle Swimming Information**

Circle Swimming is utilized to accommodate three or more swimmers using the whole lane; down and back on the right side of the lane.

Circle Swimming is done by swimmers swimming in a counterclockwise direction within the lane. In other words, swimmers always stay on the right side of the lane, similar to cars on a road.

Look at the speed of the swimmers in the lanes and select a lane that is most appropriate for you, then notify the other swimmers in that lane that you would like to join them.

Keep to the right at all times.

To avoid collisions only begin swimming when the other swimmers in the lane have been made aware of your presence. The best method is to get in the water and wait at the wall until the other swimmers come to you.