

LAP SWIM ETIQUETTE

Adults must accompany children ages 12 and under.

Lap swim should be an orderly and continuous swim. In order to receive the full benefits and enjoyment of lap swim, it is important that all participants respect other swimmers and abide by the following rules:

Choose a lane that matches your abilities and desired activity level:

- Swimming at a slow, medium, or fast pace
- Water walking versus swimming
- Swimmers/walkers may want to change lanes once the pool is impacted to accommodate like abilities
- If you are unsure, ask the aquatics staff for assistance

When necessary please share a lane with other lap swimmers in order to accommodate more participants.

- Splitting the Lane – When two participants share the lane with each participant only using one side of the lane.
- Circle Swimming – Can be performed by 2 or more participants swimming laps in a circular keeping to the right.

If other participants are waiting, please limit your time to 30 minutes or invite them to share a lane with you.

Lap lanes are for exercise purposes only. Please do not use the designated lanes for recreational purposes or for learning how to swim. For family lap swim, it is not necessary for parents to be in the pool. However, adults must supervise their children.



San Ramon Parks & Community Services

9900 Broadmoor Drive · T: (925) 973-3240 · F: (925) 828-3427 · www.SanRamon.ca.gov/parks

Register: SanRamonRecGuide.com · Tickets: SanRamonPerformingArts.com · Email: parks@sanramon.ca.gov