



CIRCLE SWIMMING INSTRUCTIONS

Circle swimming can be performed by 2 or more participants swimming laps in a circular pattern, keeping to the right side of the lane at all times.

The following are guidelines for effectively using this technique to accommodate more participants:

How to get started

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

How to enter the pool

Upon entering the water, never jump or push off into oncoming swimmers. Please wait until they have made the turn and pushed off.

How to circle swim

Swim in a circle counterclockwise, keeping to the right. PASS ONLY ON THE LEFT.

Slower swimmers must allow faster swimmers to pass.

Slower swimmers should wait at the wall until the faster swimmer turns OR the slower swimmer should swim close to the right lane line.

How to pass if needed

TO PASS, tap the foot of the swimmer ahead of you, indicating you wish to pass.

Wait and pass at the wall to avoid collisions.

How to break while circle swimming

When resting on the wall, please move to the outward corners of the lane.



San Ramon Parks & Community Services

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