



LAP LANES ARE FOR LAP SWIMMERS ONLY

- Continuous swimming is required. (Lap lanes are for lap swimmers only.)
- DO NOT hang on, play or sit on the lane ropes.
- When there are three or more swimmers in a lane, please swim in a counter-clockwise circle.
- Be courteous and inform the other swimmer if you are entering a lane that is occupied.
- Kickboards, pull buoys, hand paddles, and fins may only be used for their intended purpose.
- The starting blocks are to be used ONLY with a certified instructor/coach.

1 LENGTH = 25 YDS

2 LENGTHS = 1 LAP = 50 YDS

66 LENGTHS = 33 LAPS = 1650 YDS ~1 MI