

LAP SWIM ETIQUETTE

Cary Family YMCA

Adults, 9th grade and older, have priority

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

1. Please choose a lane that best matches your swimming ability and pace; slow, medium, or fast. Staff are available for assistance.
2. Swim in a circle, clockwise or counter-clockwise, at about 5-10 seconds apart. Slower swimmers must allow faster swimmers to pass; wait at the wall until the faster swimmer turns. No butterfly stroke while circle swimming.
3. If others are waiting, please limit your time to 30 minutes. Please follow all of the lifeguard's directions.
4. Staff may have to move lanes to accommodate the pool schedule. Please do not be offended. We will move swimmers as little as possible. Please review the Lane Availability Assignment sheet that is available at the Pool Desk.
5. Our instructional staff would be more than happy to give tips on stroke improvement – just set up an appointment.

YMCA Mission:

To put Christian Principles into practice
through programs
that build healthy spirit, mind, and body for all.