



Lap Swim Procedures

Effective: May 26, 2010

1. All lap swimmers should shower prior entering the pool.
2. All personal items should be left on the bleachers, unless necessary for swimming purposes.
3. Lap swim may only occur with a certified lifeguard present.
4. Lap swimmers are **not** allowed to dive **or** use the starting blocks to enter the pool. All swimmers **must** enter feet first.
5. Lap swimmers may use the kickboards provided by the YMCA, but should return them to the proper location when finished.
6. During times where the pool is being shared with other programs, lap swimming will take place in the lanes **closest to the bleachers**.
7. Lap swimming lanes **may need to be shared**. Please abide by the following rules:
 - a. **Two people sharing**- Each swimmer chooses a side and stays there.
 - b. **Three or more sharing**- All swimmers should go in a circle, starting to the right
8. Please be considerate of other swimmers in or next to your lane.
9. If any problems occur, please see the lifeguard on duty.
10. Lap swimmers are expected to conduct themselves in a way conducive to the mission of the YMCA, with *CARING, HONESTY, RESPECT, and RESPONSIBILITY!*
11. Proper swimwear is required; no one is allowed to swim in t-shirts or basketball shorts.
12. As always, the lifeguard's word is **final**.

Please enjoy your swim. If there are any comments, questions or concerns, speak to the lifeguard, or Kerry Courchesne, Aquatics Director.

