

Fitness Swimming

(Lap Swimming / Water Walking Guidelines)

During all lap swim/water walking hours, we utilize 'pace lanes' and circle swimming. The purpose of these guidelines is to make the experience more productive, safe, and enjoyable. Lap swim-although a highly individualized activity-must work with the group of swimmers present in the lane for all to have the best experience possible. No coaching or teaching that disrupts the lap swim lane may take place during lap swim times. The Wave offers swimming lessons for all ages, please inquire with the front desk if you wish to develop swimming technique in the appropriate setting that will not disrupt a lap swim. **Lifeguards are in control of the pool deck and may adjust lap lanes during your swim or recommend alternate lanes for you to swim in based on the pace of the lane, program changes and/or the dynamics of overall use during lap swim/water walking times.**

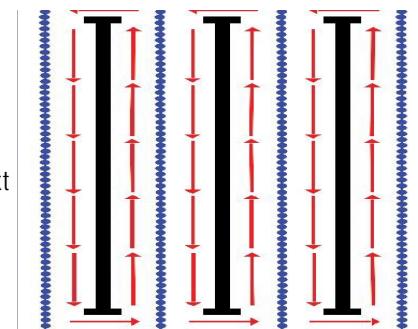
Pool Temperature : The pool temperature is keep between 82-84 degrees. We are a multi-program facility and this temperature allows us to accommodate all programming needs.

Water Walking : Based on programing, 1 lane or Bay 3 will be made available for Water Walking. Please refer to the Circle Swimming section below to help with lane pace and organization.

1. **When arriving for your workout:** Please choose a lane where others are swimming at the same pace as you intend to swim. Swimming in a lane with people of similar skill and intent will make for a more enjoyable experience for all. Speed recommendations are made on lane signs, but these are not based just on an objective speed, rather skill and intent. For example, you may be a fast swimmer, but on this day, do not plan to swim continuously/sets. Be proactive, find the right lane from the start and as conditions change be aware that moving lanes may be the best option.

2. **Entering a Lane:** Sit down on the side of the pool and hang your legs in the water, off to one side of the lane, and let the swimmer(s) in the water complete their approach and departure from the wall before you enter the pool. The idea is to let them know you are there (give them fair warning) and give them the chance to stop and confirm how the lane is going to work once you start swimming. If they are in the middle of their workout, please take that into account when you ease into the water at the corner of the lane. **PLEASE NOTE:** Not all swimmers will turn with their faces out of the water, some swimmers use flip-turn technique which will require you to get their attention in a method that is below the water line. ****If you are already swimming, please be mindful that other swimmers might be entering the lane to swim.** along with you.**

3. **Circle Swimming:** Circle swimming is done when **2** or more people are using the same lane for any type of swimming or continuous movement (swimming sets ok). A single lane can accommodate up to **6 swimmers**, provided they all go at a comparable pace. When circle swimming, like driving, you swim on the right side of the lane at all times. Only pass at the end of the lane, **NOT** in the middle of the lane between swimmers coming from both directions. If you are swimming in a lane, and another swimmer is "at your feet", at the next wall, pull over and allow the swimmer to pass. If you are "on someone's feet", at the next wall ask if you can go before them. If you are continuously being passed or if you are continuously passing others, please move to another lane.



Lane Markings: These signs are SUBJECTIVE - meaning not compared with a standard but more in comparison to the current users/conditions of the pool.

Slow = You are swimming at a casual pace with frequent stops.

Medium = You are a more advanced swimmer, with intent to swim a workout, but may be taking more breaks.

Fast = You are swimming continuously with few stops, and fully understand and follow the lap swimming etiquette.