



SWIM FOR FITNESS ETIQUETTE

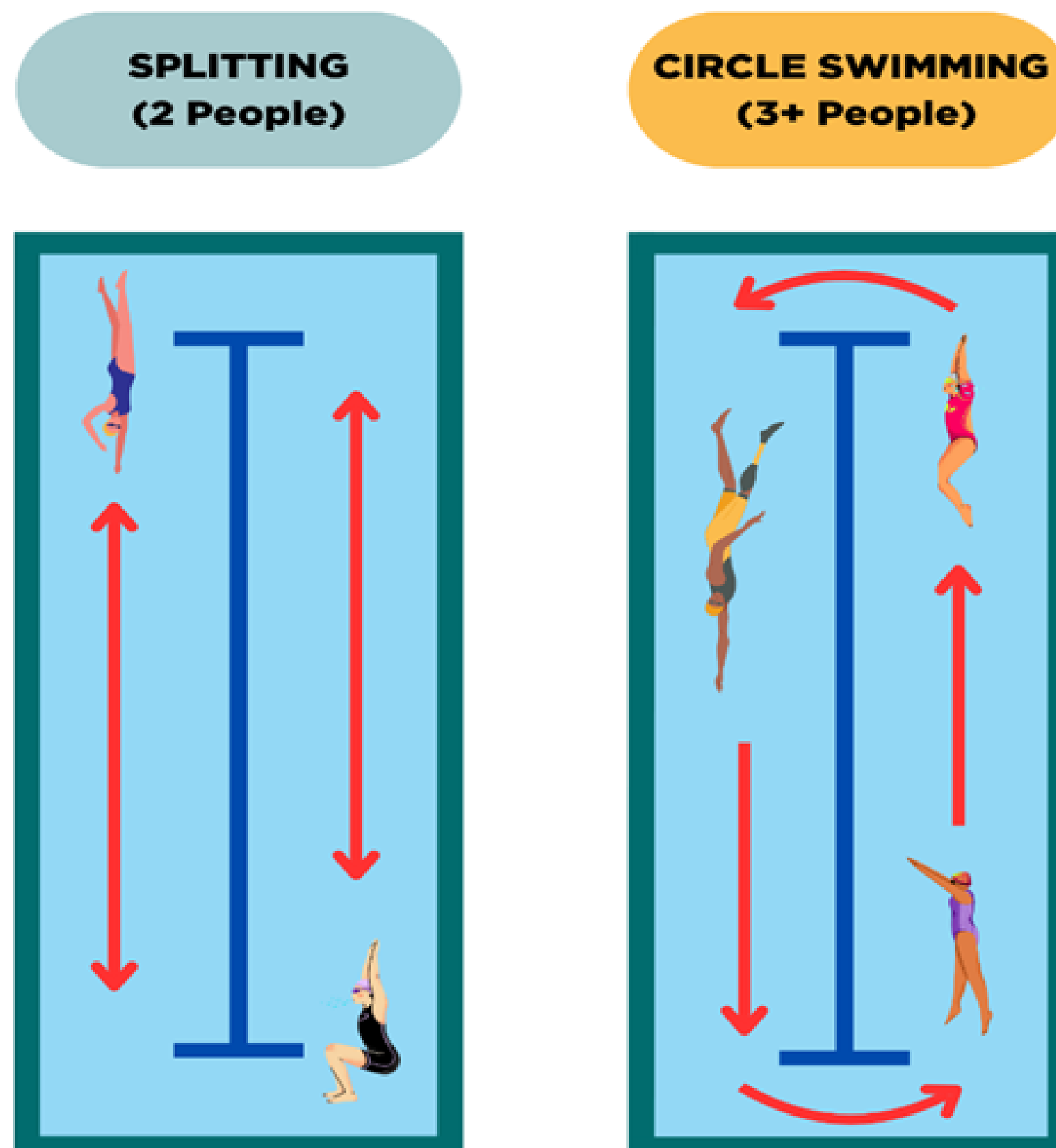
1. Check in with front desk

- Participants **10 - 12** years old must be actively supervised by an adult (18+) and pass a swim test (25 yards any stroke).
- Participants **13 - 17** years old must sign in with an adult (18+) and pass a swim test (25 yards any stroke).
- Participants under **10** years old may not participate.

2. Select a Lane

- Try to choose the appropriate lane based on speed of swimmers already in the lane. Water walkers should use the slow lanes. Staff may move participants at their discretion.
- 2 people in lane: **Splitting (preferred)** or **Circle Swimming**.
- 3+ people in a lane: Use **Circle swimming**, ideally in a lane matching your pace.

3. Alert other swimmers and enter safely.



Please share lanes respectfully with all participants and follow these best practices whenever possible.

For other water fitness activities please check in with staff to see if they can be accommodated.

Lifeguards have the final say in all matters related to safety, lane usage, and facility conduct.