

Palencia Swim & Fitness Center

Lap Swimming Rules

- All patrons in lap lane must swim laps. Maximum occupancy is 4 patrons per lane. Individuals not swimming laps or slow swimmers will be asked to leave the lap lanes and use recreation/social area.
 - *Open spaces are provided for recreational swimming*
- Equipment such as pull buoys, masks, fins, snorkels and paddles may be used.
 - *Must be used properly*
- Patrons must swim in a circular direction.
 - *To ensure maximum use*
 - *To keep slower swimmers from being run over*

Lap Swimming Etiquette

- Swim to the right of the lane at all times.
 - *To prevent head on collisions*
- When passing another swimmer pass to the person's left, down the middle of the lane at full speed. Once you have finished passing, swim to the right of the lane again.
 - *To help prevent injuries with oncoming swimmers*
- When being passed, slow down until the overtaking swimmer has completely passed you.
 - *To allow the faster swimmer to pass without incident*
 - *To help prevent injuries with oncoming swimmers*
- If someone is at your heels when you reach the wall, pause to let that person pass.
 - *To allow the faster swimmer to pass without incident*
 - *To help prevent injuries with oncoming swimmers*
- When swimming into the wall, keep to the right (not the middle or left) so that if a person is passing you at the end of a lane they will have space to turn.
 - *To allow the faster swimmer to pass without incident*
 - *To help prevent injuries with oncoming swimmers*
- When standing at the wall of a lane, stand to the left (when facing the wall) whenever possible to allow space for the incoming swimmers.
 - *To allow the faster swimmer to pass without incident*
 - *To help prevent injuries with oncoming swimmers*
- If a problem should arise, be sure to let the lifeguard know.
 - *Lifeguards can explain to swimmers new to lap swimming the proper etiquette*
 - *To prevent problems between lap swimmers*
- If you want to stretch out or do other exercises in the water, please move to the proper swim area reserved for recreation/social swimming.
 - *To help prevent injuries with lap swimmers*