

INDOOR LAP POOL POLICIES

- Swimmers under the age of 12 must be lap swimming -and- must be accompanied by a parent.
- For reasons of health and safety the hot tub, steam room and sauna are for use by ages 12 and up only.

LAP SWIMMING ETIQUETTE

- Swimmers are expected to circle swim / share lanes when individual lanes are full.
- If possible, swimmers should position themselves in lanes by skill level and/or similar lap swim workouts.
- If you are faster than the person in front of you, simply graze their foot a time or two. This should signal them to “pull over” at the next wall to allow you to pass. Do not grab or aggressively swipe at the swimmer’s feet.
- When circle swimming, should the swimmer behind you graze your feet more than once, or simply be swimming a faster pace, it is proper etiquette to “pull over” at the next wall and allow them to pass.

Indoor Lap Pool Schedule



effective

Monday, September 13 through
Sunday, October 17, 2010

revised September 2, 2010



2975 W. Liberty Rd. • Ann Arbor, MI 48103
www.libertyathletic.net • 734.665.3738
FAX • 734.665.6353

