

Lap Pool Use

The lap pool is available for swimmers of all abilities and speeds, and we want all who use it to feel welcome. If you are new to lap swimming, or if you have any questions about use of the lap pool for swimming or water running, please contact: Cynthia@phfitness.com

While swimmers often have a lane to themselves, there are times when they need to share lanes due to demand.

Lap Lane Sharing Etiquette:

- Enter the lane feet first. Please do not dive or jump into a lap lane.
- If entering a lane that is already occupied, do not enter as the other swimmer is approaching the wall. Enter to the side of the lane and get their attention to let them know that you would like to share/ split the lane.
- When sharing a lane with one other person, it is preferable to split the lane so that each swimmer stays on one side of the center line. Determine with your lane partner which side each will take, and try to keep your strokes on your side, especially when crossing paths or passing.
- If sharing a lane with two or more other swimmers, choose a lane appropriate to your speed and circle swim.
 - ▶ When circle swimming, swimmers stay to the right of the center line and swim in a counterclockwise direction.
 - ▶ If someone catches up to you and/or taps your foot, wait on the wall until they have gone in front of you, and then begin swimming again after giving them a few seconds to get started.
- At any time, if someone is waiting to swim and you are alone in your lane—or are able to move lanes to share with others in the pool of similar speed—please invite them to share/use your lane. We do have some new swimmers that are not yet comfortable sharing lanes.
- If the pool is full and someone is waiting, please limit your swim to 45 minutes.

Thank you for making Pinnacle a welcoming environment for all swimmers.