

LAP SWIMMING

LAP SWIM ETIQUETTE

- Do not stop in middle of lane
- Do not jump in front of oncoming swimmer
- Do not cross lanes
- Do not tread or perform bottom samples in lap lanes
- Always circle swim
- Obey lifeguards
- Obey speed signs
- Put away kickboards/pull buoys
- Non-swimmers not allowed in deep end
- No groups/unit training during lap swim
- If you are constantly getting passed, move to a slower lane
- Alert other swimmers in a lane before joining

CIRCLE SWIMMING

Circle swimming in a lap lane is critical for safety and efficiency. Similar to cars on the highway, you must stay on the right side of the lane, in the direction you are swimming. Please circle swim whenever swimming in a lane with other swimmers to prevent collisions and head injuries. See diagram below.



LANE SPEEDS

FAST

Freestyle only, non-stop.

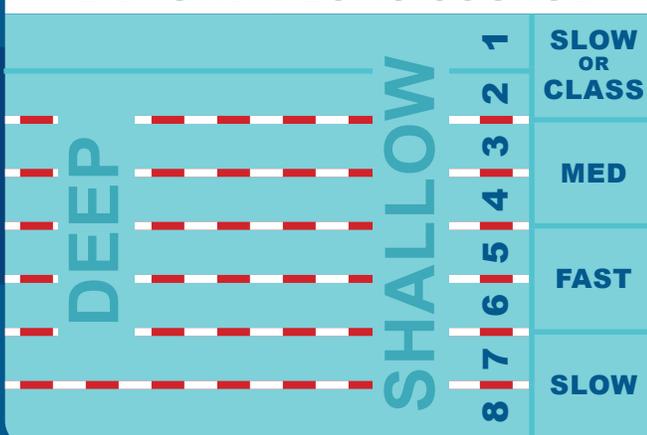
MED

Mixed strokes acceptable. Brief 10-15 second rest on wall.

SLOW

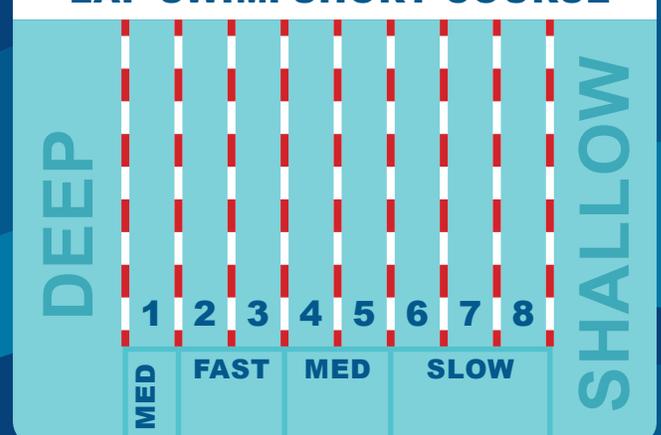
Any stroke acceptable. 30 second rest on either wall. No stopping in middle of lane.

LAP SWIM: LONG COURSE



50m

LAP SWIM: SHORT COURSE



25m

*Setup/lane speeds are subject to change

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