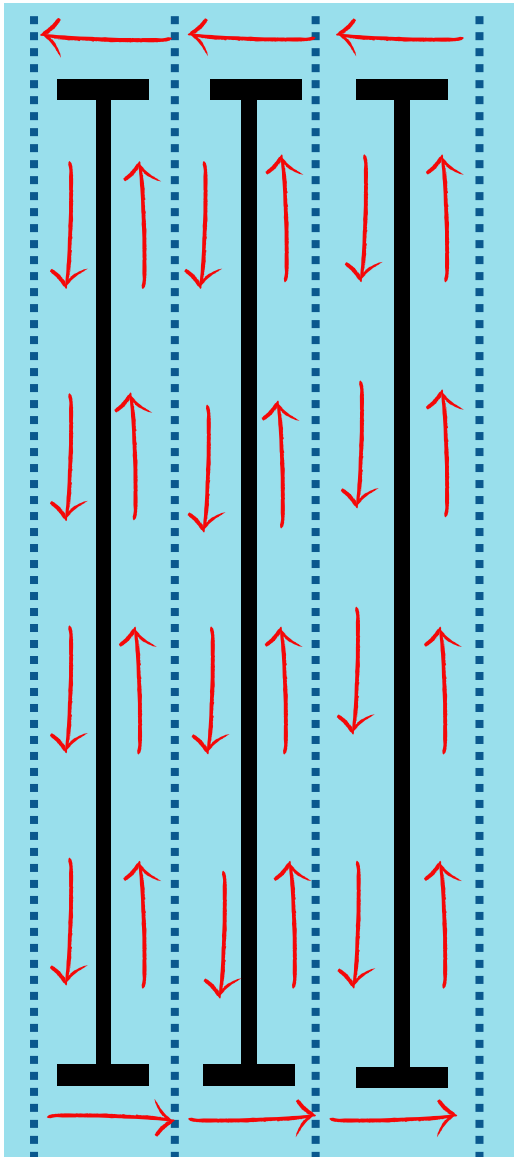






Circle Swim Diagram



Summary

-  Choose a lane based on your swimming speed, NOT the number of swimmers in the lane.
-  Indicate your intent to join a lane. Enter from the shallow or deep end wall, NOT the sides.
-  CIRCLE SWIM - Stay to the right of the black line in a lane. Swim in a counterclockwise oval pattern.
-  Pass on the left-hand side.

If you have any concerns about the traffic flow of a lane swim, please speak to a lifeguard on duty.

To view all swimming schedules, please visit us online here.



For more information, please contact our aquatics department at (506) 462 - 3000 ext. 108



LANE SWIM ETIQUETTE

The YMCA of Fredericton welcomes lanes swimmers of all abilities from the ages of 10 and over. These etiquette guidelines are to help ensure the flow of lane swim remains the most welcoming to our members. Whether you have been coming to lane swims for many years, or have just joined us as a new member, these guidelines will help make the most of your workout. Please be courteous to each other, and remember - we were all beginners at one time!





Speed Designations



When lap swim is busy, swimmers should expect the lanes to be shared.



We offer lanes of different speed compatibility: slow, medium, fast. Please make sure to choose a lane based on your swimming speed and NOT on the number of people in a lane. This will prevent congestion or confusion if the swim should get busier.



Depending on the day, swim speeds may differ from standards posted. Please be mindful of the flow of the lanes and choose the lane that best matches your own speed.



Entering the Lane



It is the responsibility of the swimmer entering the lane to make sure all other swimmers in said lane are aware of their presence. Dangling your feet into the water to indicate your intent to join the lane is a good option too.



If possible, enter from the shallow or deep end wall - NOT the side of the lane. If you need to use the ramp, please make sure to wait for a gap in lane traffic flow to cross the pool.

Sharing the Lane



CIRCLE SWIM - Customary circle swim at the YMCA is to stay to the right of the black line in a lane. Swimming is in a counterclockwise oval pattern.



When more than one person is in a lane, you **MUST** circle swim to allow for the best traffic flow and to be welcoming to other swimmers wanting to join.



Sharing the Lane continued...



STOPPING - Only stop at the wall and once stopped, stay in the left-hand corner of the lane to allow other swimmers to turn. Always leave the middle and right-hand side clear.



Do not stop in the middle of the lane. This could cause collision.



STROKE - Be considerate of what stroke you are using when sharing a lane. Unless you are confidently able to ensure you will not collide with another swimmer, wide strokes like butterfly are best left for when you are alone in a lane.

Passing in the Lane



You may indicate your wish to pass by lightly tapping the foot of the swimmer ahead of you.



Always pass on the left-hand side and initiate the pass with enough time to overtake the slower swimmer before reaching the wall.



Slow swimmers must yield to fast swimmers. Pause in the corner of the wall to allow the faster swimmer to pass.



Give slow swimmers a head start before pushing off the wall.