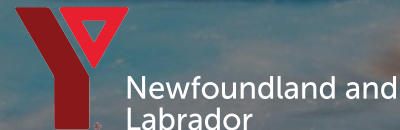


Attention all Lane Swimmers!



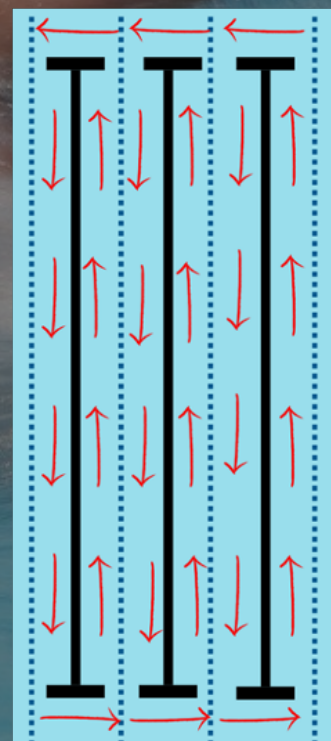
Shine On

The YMCA of Newfoundland and Labrador 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!

We have set the following standards for YMCA lane swims:

- Choose a lane based on your swimming speed, Lanes are always shared.
- Indicate your intent to join a lane. Enter from the shallow or deep end wall,
- 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.

Circle Swim Diagram



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