

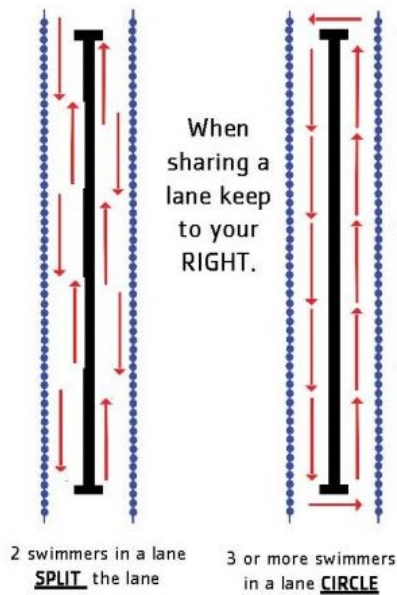
Is this your first time lap swimming with us?

Here's what you need to know:

1. If there's an empty lane, you're welcome to swim in it.
2. If there isn't an empty lane, **let all the other swimmers in your lane know that you'll be joining them.**
3. If **more than two people** are in a lane, **circle swimming is required.**

Circle swimming= always swim on the right side of the lane.

**Please be cool and
share the pool.**



4. If the other swimmer in the lane is faster than you, don't push off in front of them.
5. If a swimmer taps your foot, they're not flirting—they want to pass.
6. Stay away from the center of the wall when you're resting.
7. Be respectful.

To be added to the lap swim email list or if you have lap swim questions please email Tyler@cottonwoodheights.com