

TOWNSHIP OF LOWER MERION
Department of Parks & Recreation

LAP SWIMMING RULES

A minimum of three (3) lanes in the 'I' Pool at Belmont Hills Pool and one lane at Ardmore Avenue Pool are dedicated to lap swimming. There is no age restriction, but all lap swimmers must be able to keep up with the other swimmers in their lane and must follow these rules:

- All swimmers in lap lanes must swim laps. Individuals not swimming laps will be asked to leave.
- Equipment such as pull buoys, masks, fins, snorkels and paddles may be used, but must be used appropriately.
- When more than two swimmers are in a lane, swimmers must circle swim, keeping to the right at all times.
- Swimmers should spend a few minutes observing and roughly timing the per-lap pace of swimmers already in the pool. Select a lane containing swimmers moving as closely as possible to the pace that one realistically expects to swim throughout his/her workout.
- When entering a lane or beginning to swim, enter so as not to disrupt the continuous swim of others.
- Slower swimmers starting a set should wait to push off the wall until faster swimmers have passed.
- Faster swimmers starting a set should give slower swimmers as much 'running room' as possible before pushing off, rather than jumping right behind and immediately tapping their toes.
- An overtaking swimmer should gently touch the feet of the swimmer being overtaken.
- Overtaking swimmers should not attempt to swim wide past a slower swimmer unless they are the only two swimmers in the lane. Passing should be done at the wall.
- Swimmers should ***never*** stop in the middle of the pool. They should stop at the next wall, at the corner of the lane.
- Swimmers who are being overtaken should not attempt to speed up once 'tagged', nor should they jump in and 'tag back' the new lead swimmer in the next lap.
- If two or more swimmers are closely matched in pace, they should either position themselves at opposite ends of a lane or agree on how to share the lead.
- Swimmers resting or otherwise waiting at the wall should stay far to the left side of the lane (from the perspective of an approaching swimmer).

The following rules apply to the Intermediate Pool at Belmont Hills:

- Three lanes will be designated for lap swimming at all times.
- Lap Lanes are for lap swimming only. (All Ages @ all times)
- Lap swimming should be done exclusively in the designated lanes.
- Adult only swim from **Open until 4:00pm**, daily. (Children may continue to swim Laps.)
- Children and adults are permitted to use the Intermediate Pool from **4:00 – Close**, daily. Designated Lap Lanes will remain open for lap swimming only.
- In the event of pool closures, the lap lanes may be reduced or eliminated based on the number of people in the facility.