

Recreational Swimming Guide

Swim Type	Who Should Attend	What to Expect
Leisure Swim and After School Swim	People who want to have fun in the water. Children may require adult supervision – see the admission policy for details. Children who meet the admission policy requirements may attend alone.	When you arrive, everyone under 18 will be asked to complete the swim test so that staff can verify that your group meets the admission policy. Anyone who wants to swim in the deep end may be required to complete the swim test, regardless of age. Pool toys and equipment are available.
Leisure / Lane Swim	A swim for everyone who wants to have fun in the water. Children may require adult supervision – see the admission policy for details. Children who meet the admission policy requirements may attend alone. Adults whose children are old enough to swim alone may swim laps while the kids play.	When you arrive, everyone under 18 will be asked to complete the swim test so that staff can verify that your group meets the admission policy. Anyone who wants to swim in the deep end may be required to complete the swim test, regardless of age. 1/3 of the pool is designated for lane swimming, while 2/3 of the pool is available for free play. Pool toys and equipment are available.
Family Swim	A swim for families or individual adults who want to have fun in the water. Children under 18 must be directly supervised by a parent or guardian who is +18. The guardian must wear a bathing suit and get in the water.	When you arrive, everyone under 18 will be asked to complete the swim test so that staff can verify your group meets the admission policy. Anyone who wants to swim in the deep end may be required to complete the swim test, regardless of age. Pool toys and equipment are available.
Youth Swim	A swim for youth aged 10-18. Adults and younger children may not attend.	Everyone will be asked to complete the swim test if they want to swim in the deep end. Pool toys and equipment are available. Play pool games with your friends or hang out in the hot tub and sauna.

If staff observe that your activities are not appropriate for the swim you have attended, they will recommend a more appropriate program for you to attend in the future. Please follow these recommendations to ensure everyone has a safe, enjoyable experience at the pool.

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Lane Swim	<p>A swim for people who want to swim laps. Swimmers must be able to swim in a circuit and complete laps quickly enough to keep pace with others. Admission policy and deep end swim test requirements apply. If your pace or activities interfere with other swimmers, staff may recommend you attend another type of swim in the future.</p>	<p>The pool is divided into three lanes – slow, medium, and fast. Choose a lane based on the speed of your workout. Swim in a circuit, see diagrams on the lane signs for details. To overtake another swimmer, pass at the wall. Do not stop or walk mid-lap - swim continuously. If you need to take a break, stop at the wall and move to the side to allow others to swim by.</p> <p>If you feel the swimmer behind you is getting too close or wants to pass you, yield at the wall. Staff will observe the swim and may recommend you move to another lane if appropriate.</p>
+50 Swim	<p>A swim for older adults who want to swim laps or enjoy the warmer water in the play pool (see Recreational Swimming schedule for play pool availability).</p> <p>If your pace or activities interfere with other swimmers, staff may recommend you attend another type of swim in the future.</p>	<p>The lap pool is divided into three lanes – slow, medium, and fast. Choose a lane based on the speed of your workout. Lane paces are slower at a +50 swim than they are at a lane swim. Swim in a circuit, see diagrams on the lane signs for details. To overtake another swimmer, pass at the wall. Do not stop or walk mid-lap - swim continuously. If you need to take a break, stop at the wall and move to the side to allow others to swim by.</p> <p>If you feel the swimmer behind you is getting too close or wants to pass you, yield at the wall. Staff will observe the swim and may recommend you move to another lane if appropriate. The play pool is available for stationary exercise and is a great option for those who prefer warmer water or who want to socialize.</p>
Stretch and Swim	<p>A swim for 18+ who want to swim and exercise at their own pace. An opportunity for those who take frequent breaks, walk, do stationary exercises, or want to chat with a friend while they swim without being interrupted by playing children.</p>	<p>No lane lines – the lap pool and deep area of the play pool are available for your use. Swim, walk, or run the width of the pool to avoid colliding with others. Perform stationary exercises like stretches or aqua fitness moves wherever you choose.</p>

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