

CMRC Pool Policies

Lap Swim: Lanes will be available for continuous lap swimming, lap jogging, or water walking during scheduled Lap Swim Hours. At least one lap lane will be available during all Water Aerobics and Swim Lesson classes. Three lanes will be available during scheduled Open/Recreation Swim times. During scheduled programs and peak times, there will be limited lane availability. *Lap Swim is for ages 12+*

Lap Swim Rules and Etiquette

- 1.) All lap swimmers are not required to share a lane but may choose to up to the capacity of three swimmers.
- 2.) Before entering the pool, please inform other swimmers that you will be joining the lane and discuss how to share the lane before starting your laps.
- 3.) Select a lane most congruent to your preferred swimming speed and abilities.
 - If you need to pass a swimmer in front of you, please tap their foot so they can stop at the wall or move to the far right of the lane for you to pass.
- 4.) In the case of two swimmers, they can split the lane, or agree to circle swim. Split lane: Swim back and forth on one side of the lane only. “splitting” the lane between you. Preference goes to the first swimmer in the lane.
- 6.) In case of three swimmers, circle swim is encouraged. Circle Swim: Like driving: always swim on the right-hand side of the lane. Always keep oncoming swimmers (in your lane) on your left-hand side.
 - A minimum of 1 lane will be available throughout the day. Lap lanes are first come first serve.

Open / Recreation Swim: During scheduled Open/ Recreation Swim times, 3 lanes will be available for self-paced individual water exercise and recreation swim for all ages. Three lanes will also be available for Lap Swim. Children 12 years and under need to be actively always supervised by an adult. Active supervision is defined as paying close and constant attention to the child, free of other distractions.

Swim Lessons: During scheduled Swim Lesson times, 4 lanes will be allotted to use of Swim Lesson Classes. Additional lanes may be reallocated based on the # of classes taking place at one time.

Private Swim Lessons / Lifeguard Training/ Special Circumstances: Lanes may be assigned for programming that does not appear on the published schedule. Such areas will be clearly marked with signage on the deck with at least 30 min. prior notice to the time the lane(s) would be used.

Water Aerobics: Water Aerobic Classes will be allotted at least 2 Lanes during scheduled class times. Additional lanes will be allotted based on # of participants at class's scheduled start time.

Allotment Ratios:

- 8 or fewer class participants = 2 lanes
- 9-12 class participants = 3 lanes
- 13-15 class participants = 4 lanes
- 16+ class participants = 5 lanes

Water Aerobics Rules

- 1.) All classes have a maximum capacity of 25 or 30 participants (annotated on Group-Ex Schedule).
- 2.) A wrist band is required for class entry and will be handed out at the front desk 30 minutes before the class begins.
- 3.) Front desk will not issue wrist bands 5 minutes after the class has begun.
- 4.) Participants may not receive bands for multiple classes in advance. A participant may sign up on the wish list to take an additional class. Entry into the second class is not guaranteed.
- 5.) Once all bands have been issued, no more participants will be admitted due to safety and pool capacity constraints.
- 6.) No participants will be allowed to enter the class 5 minutes after it has begun nor will lane lines be moved after a class begins.
- 7.) The lifeguard has ultimate discretion over the pool area, especially in areas regarding safety or pool capacity constraints.