



Aquatic Consulting Services

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Pool Tip #33: Lap Swimming in Crowded Pools

Lap swimming space is often at a premium in small home, health club, hotel or apartment complex pools. If you are required to share a swim lane, you should “circle swim”.

When circle swimming, rather than swimming directly over the tile lane line as you normally would, swim to the right of the line. Swim up the pool on one side of the lane and back down on the other side of the lane. Keep your left arm over the lane line and attempt to swim in a straight line to avoid collisions with other swimmers. Ask management to designate lanes for fast, medium speed and slow swimmers. It takes some practice, but after awhile you can learn to comfortably swim with two or three swimmers in a standard seven to ten foot wide lane.

Remember to integrate lap swimming into a total water fitness program. Supplement your workout with water walking, aqua bobbing, bench stepping or other forms of aerobic water exercise. Lap swimmers have a tendency to primarily use the upper bodies for propulsion. For a thorough workout, include vertical water exercises for the lower body.