

Definitions of Swim

Open Swim— Open to anyone for recreational or fitness swimming. **Adults must accompany children age 9 & under.** Children using bubbles, puddle jumpers and/or Coast Guard approved life jackets must be directly supervised by an adult in the water. Noodles, balls, masks/ snorkels/fins, swimsuits with floats inserted and water wings are NOT permitted. 3 lap lanes available. **NO** Open/Lap Swim if Birthday Party is scheduled on Saturday.

Family Swim— Open for all families to practice skills or simply enjoy the water. **Adults must accompany children age 9 & under.** Children using bubbles, puddle jumpers or Coast Guard approved life jackets must be directly supervised by an adult in the water. Noodles and balls are permitted. Water wings, swimsuits with floats inserted, and masks/snorkel/fins are NOT permitted. Three lap lanes available

Adult Rec— A time set aside for adults age 18 and older to water walk, swim laps, exercise, or just enjoy the water. Please be considerate of others.

Lap Swim— A time set aside for lap swimming only. *We encourage all swimmers, of any age, to circle swim & work together during peak times.*

Adult Lap Swim— same as Lap Swim but for adults ages 18 & older

(32 laps or 64 lengths = 1 mile)