

SUSF Lap Lane Etiquette

Before starting your lap swimming please select a lane that is best suited to your ability. The following lap swimming times are provided as a guide:

Slow lane: laps slower than 80 seconds

Medium lane: laps between 60-80 seconds

**Fast lane: laps faster than 60 seconds
(at times this lane will be combined with the Medium lane)**

Please make sure when swimming, that you keep to the left of the lane at all times. If needing to overtake a swimmer in your lane, please make sure it is done in such a manner that does not affect other swimmers. This may necessitate swimming freestyle in order to do so. Complete any passes before the backstroke flags. If you have to move across any lanes, check both directions before moving.

Please do not stop or interfere with other patrons in your lane. If there are concerns please see one of our lifeguards or operational staff. If you do bump into someone, please apologise! When waiting at the end of the pool, move across towards the corners of the lane to allow other swimmers to continue swimming laps.

Our peak lap swimming times are as follows:

Monday – Friday: 5.30am – 9.00am and 3.30pm – 6.30pm

Saturday: 7.00am – 12.30pm

Sunday: 8.30am – 12.30pm

The number of lanes available each day of the week for lap swimming can be located on our Swimming Pool Lane Timetable which is updated weekly.

This is available at reception and via our website at www.susf.com.au.

Significant changes will be updated more frequently.

SUSF lifeguards and operational staff monitor the swimming lanes throughout the day and may adjust the pool configuration. Please ensure that you listen to the instructions of our staff at all times.

Thank you