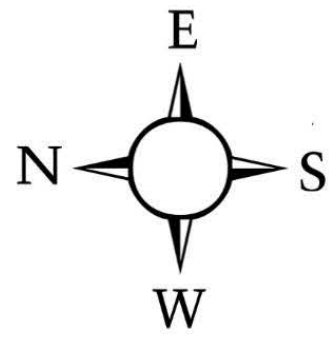
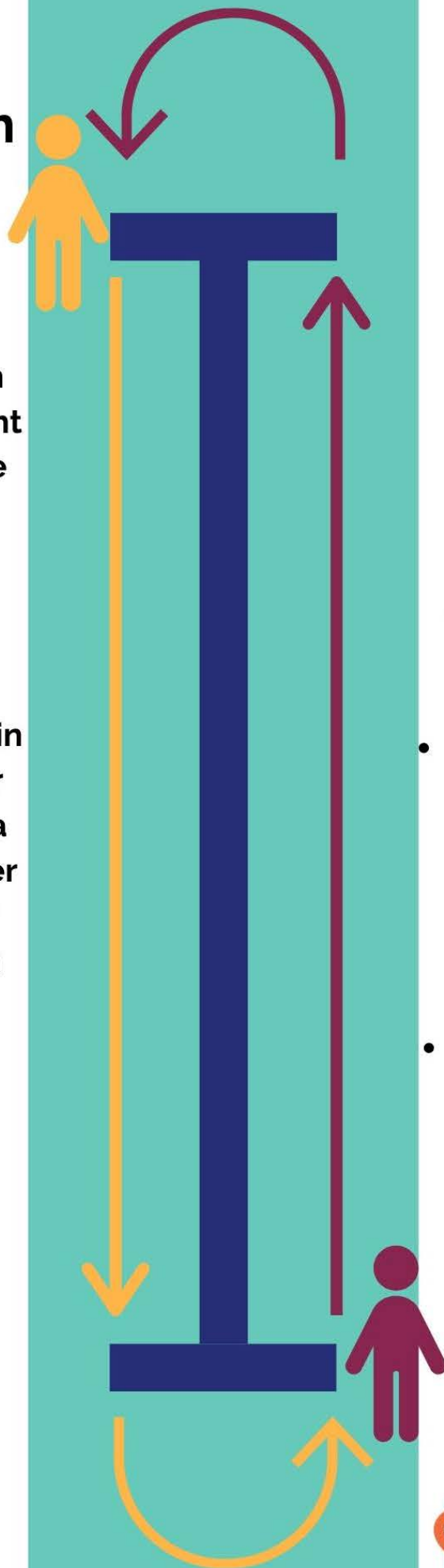


Circle Swim Format:

- For 2 or more swimmers, individuals can swim on the right side of the lane moving in a counter-clockwise motion.
- Don't Push off in front of faster swimmers, if a faster swimmer touches your feet, let them pass.



- Don't rest at the center of the wall. Take a corner and rest there to avoid collisions.
- Avoid using wide strokes when sharing lanes.