

Norwalk Parks and Recreation
Ernsthausen Aquatic Center



Aquatics NEWSLETTER

Lap Swim Etiquette

The Competition Pool sits at approximately 82 degrees. There are times it will fluctuate above or below this. One length is 25 yards and there are 72 lengths in one swimming mile. There are no age restrictions to use the swimming lanes; except children under the age of 17 must leave the pool during break times unless under staff instruction. The lanes are available on a first come, first serve basis. Our pool schedule is the perfect resource to see the number of lanes we have available. This availability changes regularly with programs and events. Individuals who are not swimming continuously in the lanes may be asked to vacate the lane to allow someone waiting to swim their turn.

Please be courteous to all swimmers. Lanes will be shared between swimmers, either by dividing the lane in halves or by circle swimming. It is best that the second swimmer to join a lane discuss with the first swimmer how you will share the lane. If there are more than two swimmers please circle swim counterclockwise.

When circle swimming, if the swimmer behind you is faster, please stop at the wall to allow them to pass. Whether you are split lane swimming or circle swimming, it is important to stay to the side of the lane and not swim too far in the center.

Not everyone swims at the same pace. Please remember that courtesy is always the key. Should you need additional assistance with finding a lane or obtaining a pool schedule, please ask the lifeguard on duty. Keep in mind they will do their best to answer your questions, however their job is to watch the pool so they may not look at you when responding. They can help you or direct you to someone who can.

Youth Lap Swimming Readiness

How do I know when my youth can start lap swimming?

Lap swimming is great exercise for people of all ages. Our facility offers youth the opportunity to lap swim at any age. Before you bring your child to lap swim, please ask yourself the following questions:

1. Is my child able to swim 200 yards continuously without stopping?
2. Can my child swim 200 yards on their stomach, using arms and legs?
3. Can my child use some form of rhythmic breathing during those laps?
4. Can my child tread water for 60 seconds in water over their head without panicking?
5. Does my child understand the lap swim guidelines and know how to circle swim?

If you answered "yes" to all these questions, then your child may be ready!

For information about swim instruction classes or swim team information, visit NorwalkRec.com.



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Health Benefits of Water-based Exercise

Swimming is the fourth most popular sports activity in the United States. It is a wonderful way to get regular aerobic physical activity. Just two and a half hours per week of aerobic physical activity, such as swimming, bicycling, or running, can decrease the risk of chronic illnesses. This can also lead to improved health for those with diabetes or heart disease.

Swimmers have about half the risk of death compared with inactive people. Some people enjoy water-based exercise more than exercising on land because they can exercise longer in water than on land without increased effort or joint or muscle pain.

The warmer temperature water, offered in our therapy pool, is perfect for individuals who suffer from joint pain stemming from arthritis. The cooler temperatures, such as found in the competition pool, is ideal for intense cardio workouts like lap swimming and water jogging.

Fit Swim/Water Jogging/

Fitness comes in many forms for different people. Not everyone is a traditional lap swimmer. Some prefer to use an aqua jogging belt and attain their fitness goals or rehab in the form of water jogging/walking; "Fit Swimmers".

Fit Swimmers participating in classes with one of our staff instructors can affect the number of lap lanes available in the pool. When there are more than 6 participants within a scheduled class, the lifeguard may remove one lane, limiting the space for lap swimming.

When there are no scheduled classes, our Fit Swimmers are encouraged to use the open space in the pools outside the lap lanes. When there are times the diving board is open, Fit Swimmers and Lap Swimmers are not permitted in the deep end of the Competition Pool outside of the lanes. If there are lap lanes available, the swimmers will share this space to meet their swimming needs. For example, one lap swimmer can use one side of the lane while a fit swimmer can use the other half of the lane moving in the direction of the lane.



A copy of the most up-to-date pool schedule can be found at the front desk or online at our website at www.NorwalkRec.com. Additional questions may be directed to Mary Church, Aquatics Coordinator, ext. 1030 or mcannella@norwalkrec.com.