



Swim for Fitness

Swimming is a great exercise and the Cosumnes Community Services District strongly encourages it as a health and wellness activity. Please be considerate of all swimmers by following these guidelines:

- All levels of swimmers are welcome and encouraged to share a lane
- Before entering a lane make others in the lane aware of your presence
- Swim at your own pace but please do not stop in the middle of the pool or swim vertically
- Please share a lane or circle swim when two or more swimmers are in a lane together
- The use of training equipment is allowed (fins, kickboard, pull paddles, snorkel)
- Water walking/aerobics is permitted in designated open area at certain times, and cannot be performed in the lap lanes

Have Fun and Discover the Water!