



# PRACTISE LOOP SWIMMING

## LANE 3 & 4

(REFER TO DIAGRAM BELOW)

**1**

Stay on the left side of the lane

Swim complete laps

**2**

**3**

Start, turn, or stop at the wall

If you've stopped at the wall, stay in the corner of the lane to allow swimmers to turn at the wall without obstruction.

**4**

