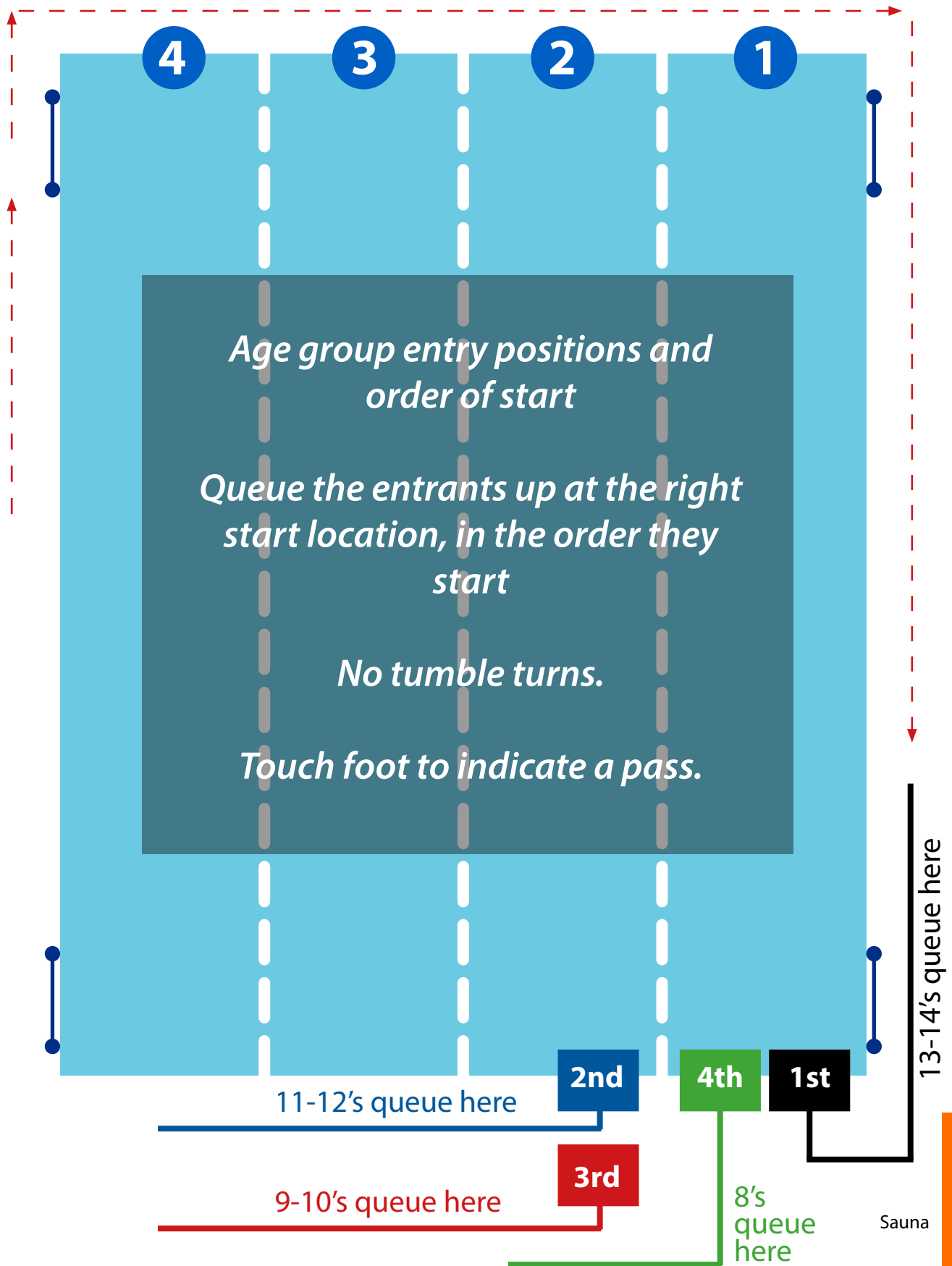




Swimming Layout

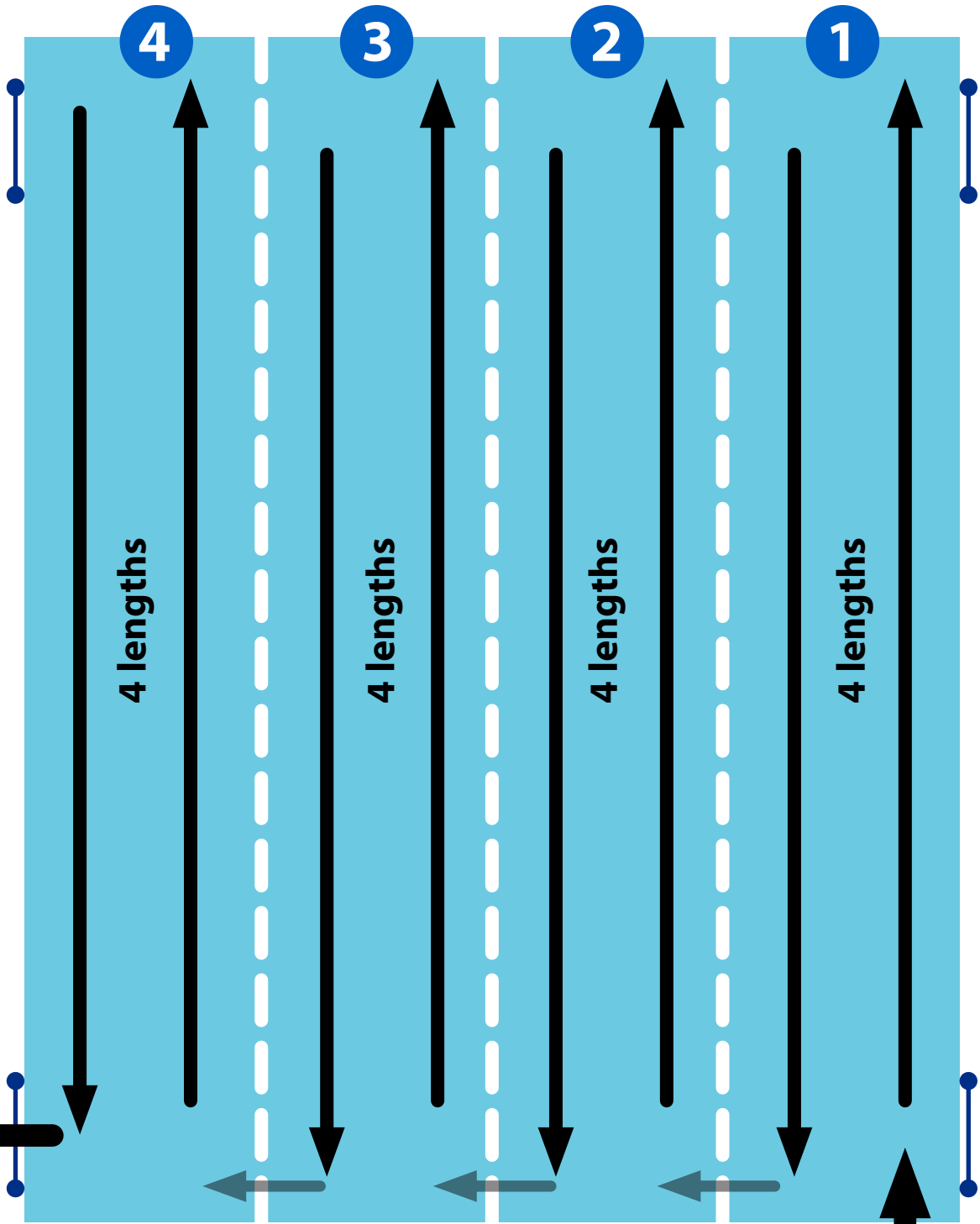


Check you have a number visible.

Swimming Layout

Boys
changing
room

Girls
changing
room



OUT

Age 13-14

4 lengths in each lane

16 x 25m = 400m total

IN

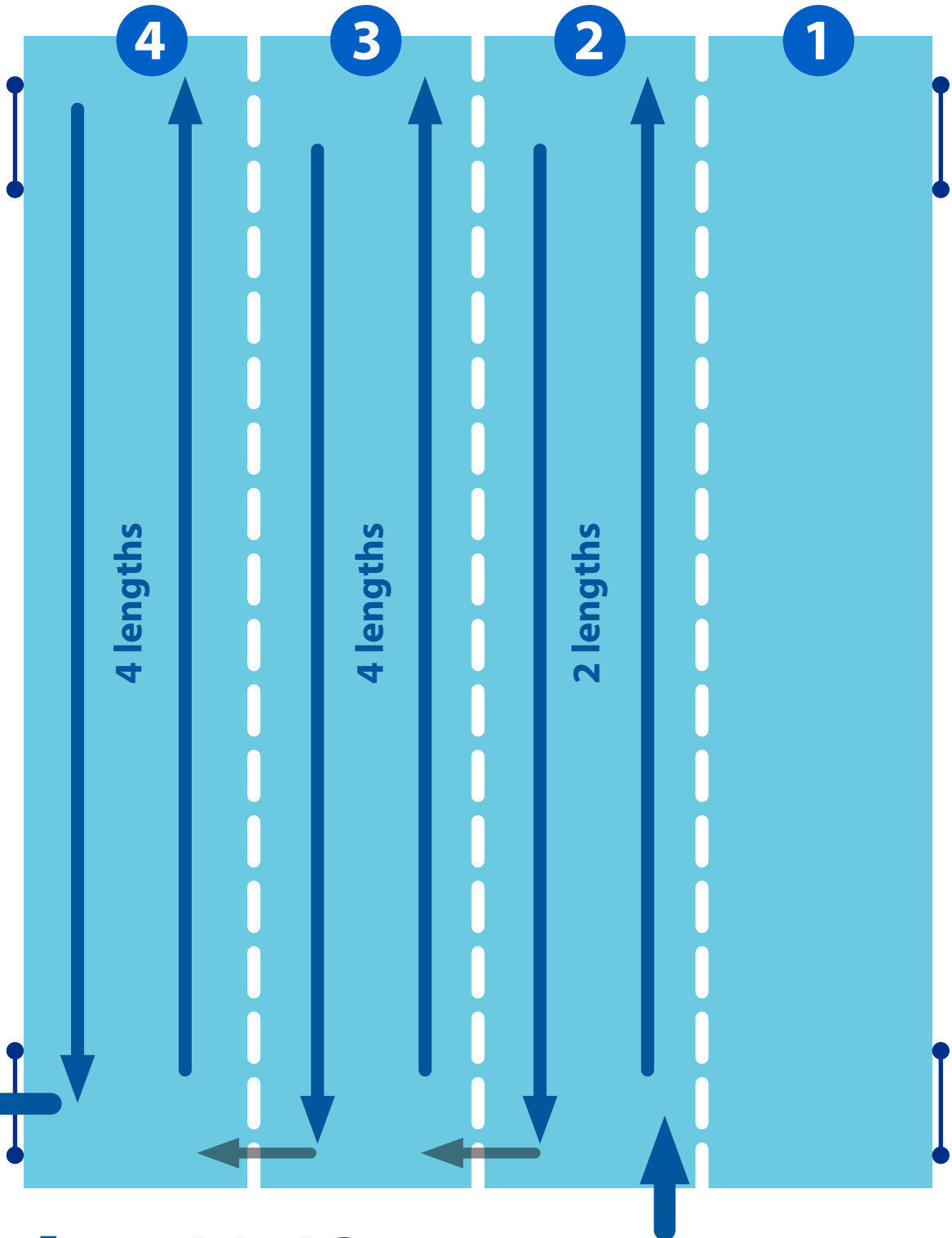
Sauna

Count lengths then duck under
to next lane

Swimming Layout

Boys
changing
room

Girls
changing
room



OUT

Age 11-12

2 lengths first lane, then 4 lengths in each
10 x 25m = 250m total

IN

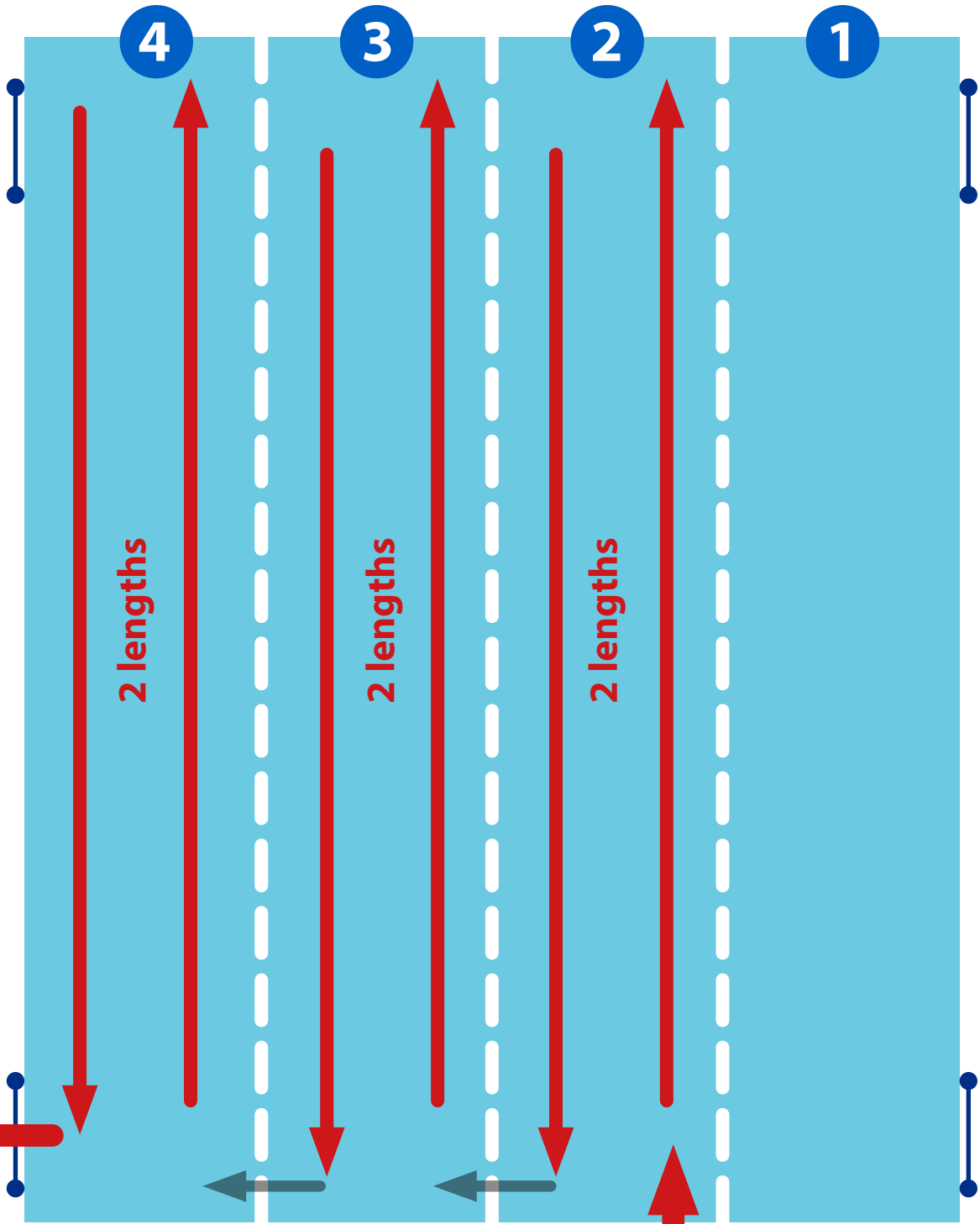
Sauna

Count lengths then duck under to next lane

Swimming Layout

Boys
changing
room

Girls
changing
room



OUT

Age 9-10

2 lengths in each lane

6 x 25m = 150m total

IN

Sauna

Count lengths then duck under to next lane

Swimming Layout

