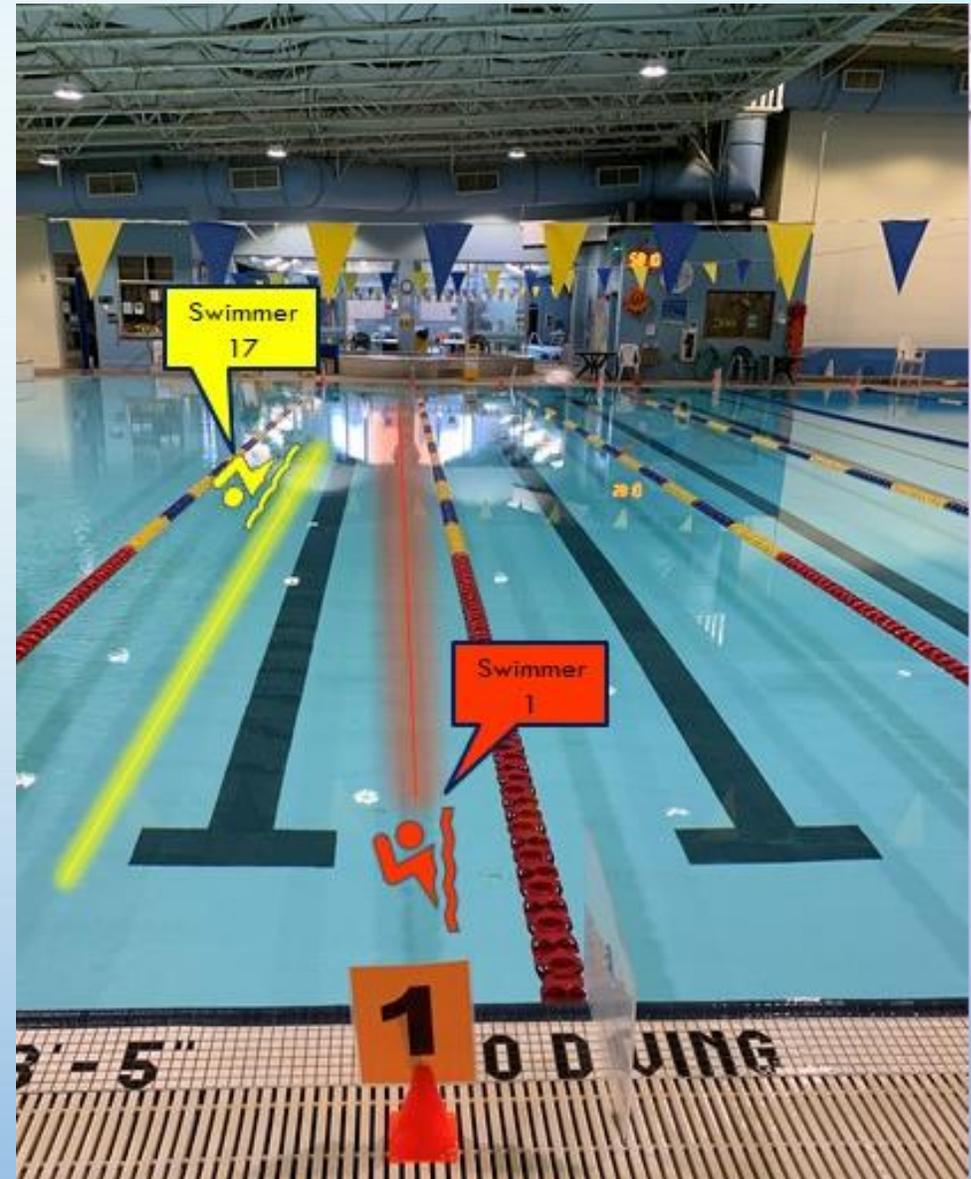


The background is a light blue gradient with several realistic water droplets of various sizes scattered across the surface. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text is centered in the middle of the image.

SHARING LAP LANES

SPLITTING THE LANE WITH 2 SWIMMERS

- TIPS:
 - IF PASSING A SWIMMER AND YOU ARE SWIMMING BUTTERFLY, SWITCH TO 1 ARM FLY UNTIL YOU PASS YOUR LANE MATE.
 - IF SWIMMING BREASTSTROKE, BE AWARE OF YOUR KICK AND TIME YOUR STROKE TO PASS YOUR LANE MATE.



CIRCLE SWIMMING

- WHEN SWIMMING IN A LANE WITH MORE THAN 2 SWIMMERS:
- TIPS:
 - CHOOSE A LANE WITH SWIMMERS OF LIKE SPEED
 - SWIM LIKE YOU DRIVE, ALWAYS SWIMMING ON THE RIGHTHAND SIDE OF THE LANE.
 - WHEN SWIMMING BREASTSTROKE OR BUTTERFLY, ADJUST YOUR STROKE TO EITHER 1 ARM DRILL OR TIME YOUR KICK SO YOU DON'T HURT YOURSELF OR YOUR LANE MATE.

