

Pool Rules

Pools Rules

- No one may enter the Aquatic Facility unless supervised by a YMCA Lifeguard.
- Showers are required before entering the pool area.
- Appropriate swimsuits are required for all swimmers. Street clothes, street shoes, thongs and see-through swimwear are prohibited.
- Street shoes are not permitted on the pool deck.
- Participants are not permitted in the pool area with open sores, ear, eye, or nose infections or with bandages or adhesive tape. Lifeguards reserve the right to inspect and refuse admittance for health concerns.
- Individuals who have had diarrhea in the last two weeks are asked not to use the pool.
- Dispose of gum, food or drink before entering the Aquatics facility.
- No running, diving, dunking, pushing, pulling or horseplay. Also, playing on or around ladders, railings and drains is prohibited.
- Breath holding and prolonged submersion is not permitted for safety reasons.
- Sitting or swimming over and through the lane lines is not permitted.
- The use of radios, tape or CD players is restricted to devices with headphones only.
- Personal items are to be stored safely in the locker rooms. Personal items and strollers will not be permitted on the pool deck.
- **Infants and toddlers** are required to wear leak-proof pants or non-disposable swim diapers (must have an elastic band around legs and waist.)
- Inflatable devices are prohibited. Only lifejackets are allowed and must be U.S. Coast Guard approved.
- Lifeguards have the responsibility to enforce rules and regulations and have the authority to remove anyone for unsafe or inappropriate behavior.
- For safety reasons, lap pool capacity is 73 and activity pool capacity is 47. If pools are at capacity, lifeguards may ask members to wait until space is available.

Lap Swim Etiquette

- Recommended for ages 14 and older. Adults have priority in lap lanes.
- Swimmers must enter the lap pool from the ends only.
- Maximum number of swimmers in each lane is six.
- All swimmers must “circle swim” if there are 2 or more swimmers in a lane. Slower swimmers should stop at the wall and allow faster swimmers to pass.
- Lanes are designated “slow”, “medium”, and “fast”. Please select the appropriate lane for your ability.
- Swimmers should announce themselves to other swimmers when entering a lap lane to avoid collisions.
- Lifeguards reserve the right to ask swimmers to move to another lane if their speed is not similar to those in the lap lane.
- Sitting, hanging and swimming through lap lanes is prohibited
- If a child under the age of 14 wishes to lap swim they must pass the lap swim test. (see swim test flyer for more details)
- Lap swimming equipment (kickboards, flippers, paddles and buoys) are not permitted in the activity pool.

Pool Rules

Spa Rules

- Children 6 years of age and under are not allowed to use the spa.
- Children between the ages of 7 and 13 years are required to have a parent/guardian 18 years or older in the water with them at all times.
- Maximum bather capacity is 11.
- Swimmers are required to shower before entering the spa.
- Spa use should be limited to 15 minutes at one session.
- Spa is for soaking only — no jumping, playing toys or exercising.
- Spa usage is not recommended immediately after intense physical activity or after sauna use. Before using the spa, cool down for at least 5 minutes after exercising.
- Enter and exit the spa slowly and cautiously.
- Lotions, oils, soaps and shaving are prohibited.
- Women who are pregnant, patrons suffering from heart disease, diabetes, seizures, epilepsy, circulatory or respiratory problems, or high or low blood pressure should not enter the spa without their doctor's permission.
- Do not use the spa when under the influence of alcohol or drugs.
- No food, drinks or chewing gum.
- Underwater submersion is prohibited.
- Do not use the spa if the temperature is greater than 104 degrees.
- Anyone refusing to follow the rules or authority of lifeguards and staff are subject to removal.

Slide Rules

- Pool slide is to only be operated with a slide attendant on duty and water running.
- Swimmers must pass a swim test to go down the slide
- Slide user, feet first only! No chain of people or holding of small children while sliding.
- No stopping inside the slide.
- After exiting from the slide, slider shall leave the splash pool promptly. Users are able to use the slide only after the splash down area is cleared.
- No lifejackets or loose clothing may be worn while sliding.
- Absolutely no diving, running, standing, kneeling, rotating, tumbling or stopping in the slide or any other head first entry down the slide.
- Maximum weight per user is 250 pounds.
- Minimum user height is 44”.
- One user at a time down the slide.
- Failure to follow directions of slide attendant or obey posted rules may result in removal from the pools.