



We build strong kids, strong families, strong communities.

## YMCA Pool Rules

1. Patrons must shower before entering the pool.
2. No running on the pool deck.
3. Diving is only permitted off the deep end wall of the large pool.
4. **Outdoor shoes** and/or strollers are not allowed in the pool area.
5. Horseplay is not allowed in the pool area.
6. Back flips, front flips, back dives, backward facing jumps and spinning are not allowed from the pool edge.
7. **Food and drink** are not allowed in the pool areas.
8. Glass objects are not allowed in the shower and pool areas.
9. Patrons are not allowed to chew gum in the pool area.
10. No hanging off of the basketball net or ramp railings.
11. Ramp areas must remain clear and accessible at all times. No playing in the ramp areas.
12. **Diaper Policy:** Snugly fitted specialized swim diapers, such as Little Swimmers, are preferred. A disposable diaper, covered by a snugly fitting plastic pant under the bathing suit is allowed.
13. The **YMCA swim test** consists of a foot first jump into the deep end with a safe recovery to the surface, followed by a 25 meter consistent uninterrupted front swim to the shallow end.
14. Children under the age of 7 years must be supervised by a parent/guardian who is at least 16 years of age and must be in the water at all times and be within arms reach. Maximum of two children per parent/guardian.
15. Children ages 7 – 9 years who are able to demonstrate comfort in the water by completing the swim test are able to swim in the water without being accompanied by a parent/guardian. The parent/guardian must however, remain within the YMCA facility.
16. Children ages 7 – 9 years who are not successful in completing the swim test must be supervised by a parent/guardian who is at least 16 years of age and must be in the water at all times and be within arms reach. Maximum of four children per parent/guardian.
17. All Water-Walkway and Rock users must be able to complete the swim test. PFD's and Lifejackets are not permitted on this equipment.
18. **Spa Policy:** Children under the age of 8 years are no longer permitted in the spa; Children between the ages of 8 and 12 years are not permitted into the spa unless accompanied by a parent/guardian who is at least 16 years of age; maximum bather load in the spa is 8. Pregnant women and persons with known health or medical conditions are discouraged from using the spa.
19. There is a maximum of 8 patrons per swimming lane.
20. Particular aquatic equipment, including flippers, belts, goggles and some specialized toys are not to be used during drop in swims.
21. No climbing, swinging and jumping is permitted off the guard chairs.
22. No sitting or standing on the flutter boards. Flutter boards must remain at the surface of the water and are not to be used to strike aquatic equipment, others or to create a splash.