

- Shower before entering the pool.
- No inflatables of any kind are allowed in the pool. (water wings, rafts, inner tubes, etc.)
- Children under the age of 5 must be accompanied by parent or guardian* within arms reach (in the water) at all times. (This includes if your child would like to swim before or after swim lessons.)
- Children ages 5 - 7 must have a parent or guardian* on the pool deck.
- Children ages 8 - 12 may be left in the pool area unaccompanied for a maximum of one hour, with approval of the lifeguard on duty each time the child chooses to swim.
- The parent or guardian* must stay in the YMCA building.
- Children ages 5-12 must pass a swim test with the lifeguard before swimming in the deep end of the pool. The lifeguard also may test individuals from ages 13 – 17 at their discretion.
- No Horseplay of any kind.
- No Running.
- Diving is only allowed in 9 feet.
- Diving Blocks are for Swim Team and Swim Lesson use only.
- Proper Swim Attire must be worn (swimsuit or swim trunks). No T-Shirts, gym shorts, cut-offs etc.
- No glassware of any kind or food/beverage will be allowed in the pool area.
- No public displays of affection.
- No Diapers in the Pool. Children who are not yet potty-trained should use an elastic swim diaper whenever in the pool.
- The Lifeguard(s) on duty has total discretion as to whether toys, balls, and other items will be allowed in the open swim area.
- For safety reasons, please refrain from talking to Lifeguard(s) except for clarification of rules or for other safety reasons. Please make all lengthy inquiries to the Aquatics Director.
- Admission to the pool will be refused to all persons with open wounds, contagious diseases, or infectious conditions.
- Lifeguard(s) on duty have total discretion in determining which actions are deemed safe and unsafe in the pool.
- No foul language.
- No extended breath holding.
- No gum.
- Kickboards, Fins, Mask and Snorkels may only be used in the lap lanes, by lap swimmers.
- No hanging or pulling on lane ropes or safety lines.
- No climbing on the pool devices or tampering with jets.
- Lifeguard(s) on duty have total discretion in determining which actions are deemed safe and unsafe in the pool.
- The lifeguard(s) has the right to ask members and guests to leave the pool, for repeated violations.

*Guardian is defined as a responsible party aged 18 or older. Babysitters or siblings under the age of 18 are not considered acceptable guardians.