

(These rules are for the safety of everyone, your safety is always first).

- No inflatables of any kind are allowed in the pool. (water wings, rafts, inner tubes, etc.).
- US Coast approved devices such as lifejackets and float belts may be used with parental supervision.
- Children must have parental supervision when using noodles or any water toys such as soft balls.
- Shower before entering the pool
- 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.) Drowning is the second leading cause of accidental death for children under the age of 5 according to CDC.
- Children ages 5 - 7 must have a parent or guardian* on the pool deck. The parent must maintain active visual contact with their child. (Not reading a book or talking on a cell phone)
- Children ages 8 - 12 may swim in the presence of a parent or guardian.
- The parent or guardian* must stay in the YMCA building.
- Children ages 5-17 must pass a swim test with the lifeguard before swimming in the deep end of the pool. (Children cannot go in the deep end if they don't pass the swim test even if they are with a parent.)
 - ★ Children who pass the swim test will be given a band by the lifeguard on duty to identify that they can swim in the deep end. This band needs to be returned to the lifeguard each day.
 - ★ Swim tests are given on Fridays from 5:00 – 5:15 PM and Sundays from 2:45 – 3:00. (Lifeguards may be able to give swim tests at other times depending upon number of swimmers in the pool and number of lifeguards on duty.)
- Children who are non-swimmers cannot swim in areas of the pool where they cannot touch the bottom.
- Children over the age of 5 who cannot touch the pool bottom and/or are under 48 inches tall they must wear a lifejacket and/or have their parent in the pool with them.
- No Horseplay of any kind.
- No Running.
- No throwing children.
- 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.
No extended breath holding
- 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 (whether they are the YMCAs or your personal items), Fins, Mask and Snorkels may only be used in the lap lanes, by lap swimmers for safety reasons.
- Adult fitness belts, barbells, kickboards and water weights are for adult fitness use only. Children may not use them as toys.
- 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.
- Please be respectful of others' space when using the pool and when aquatic classes are being held.
- 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.