

Pool Rules

The YMCA Aquatics Department, our number one priority is safety! For this reason, we have implemented the following rules and guidelines. We kindly ask that you follow these policies and procedures to ensure a fun safe time for all of our participants. Thank you!

1. Lifeguards have the authority to enforce all pool rules.
2. No one will be allowed in the swimming area unless the pool is officially open and a lifeguard is on duty.
3. Swimming without a Ready-To-Rescue Lifeguard present on deck is prohibited.
4. Running, rough play, dunking, wrestling, or other improper conduct causing undue disturbances on or about the pool area or any acts which would endanger any patron are prohibited.
5. No DIVING in either pool.
6. No prolonged underwater swimming for time and/or distance. Competitive and/or repetitive. Breath holding can be deadly and is not permitted. Hyperventilation is absolutely not permitted.
7. Objects or items deemed to be dangerous or unsafe by lifeguard are not permitted in pool area such as inflatables or hard objects.
8. Pool users must wear swimming suits or swimming trunks upon entry into the pool. Clothing such as cut-offs, gym shorts, and underwear is not permitted as swimwear. No street clothes. The swimming pool and decks must be maintained in a sanitary manner for the protection of patrons.
9. Food or refreshments are not permitted on the pool decks (except plastic bottles of water brought by a patron for personal consumption). Glass containers, alcoholic beverages and drugs are not permitted in the pool complex.
10. Use of diving blocks is prohibited – an exception only for YMCA Swimming programs.
11. Inner tubes, inflated boats, and rafts are not permitted in the pools. Small toys or balls may be allowed in the pools at the Manager's discretion.
12. No hanging on railings or lane lines.
13. No lap swimming in the Recreation Pool. Lap Swimming is only permitted in the 25M Pool.

14. People with open sores or skin diseases are not permitted in the pool. Any person who has or have had diarrhea in the past two weeks, please do not use the pool.
15. All participants are expected to adhere to the YMCA Code of Conduct.
16. All children 10 years of age and under must have an adult with them on the pool deck when in the YMCA facility.
17. All children ages 3-14 must have a swim band. (RED, YELLOW, OR GREEN).
18. Children NOT potty trained need to wear a swim diaper.
19. To earn a green band and be able to swim in the deep areas of the pool, swimmers must be able to swim 25m unassisted, tread water for 1 minute, and back float for 30 seconds.
20. Any child, who cannot pass the test or swim 25m, must have an adult in the water within an arms reach of them regardless of the child's age and remain in the shallow end of the 25M pool.
21. Only Coast Guard approved and labeled personal flotation devices may be worn with direct adult supervision.
22. Each individual wearing a personal floatation device must be accompanied by an adult in the pool, within arm's reach. No arm floaties, inflatable rings or swimsuit built in flotation or one-sided flotation devices are permitted.

Please follow all directions from the lifeguards. They are here for your safety. Please consult the pool operator for assistance if you have questions. Enjoy a safe and fun swim!