

Pool Rules

1. Absolutely no entering the pool without a lifeguard on duty.
2. Children under age 10 must be accompanied by an adult (18 years or older) in the water and actively supervised at all times. No child under 10 will be left unattended in the water or on deck. An adult must be within arm's reach of children under the age of 5 or weak swimmers or any swimmer using an approved floatation device. Children using an approved floatation device must stay within arm's reach of their caregiver and stay in an area where they can touch the bottom of the pool with the water at armpit level.
3. All youth under the age of 18 must pass a swim test to swim in the deep end of the pool. Swim one length of the pool front crawl, jump into the deep end, submerge, and tread water for one minute. Passing the test is good for six months. Although we are not required to swim test adults, it is highly recommended that adults who cannot swim stay in the shallow end of the pool. Note: an aqua jogger belt is not a Coast Guard approved floatation device.
4. Breath holding techniques or activities are prohibited.
5. Lined swim attire must be worn in the pool. Children are required to wear swim diapers under a snug fitting swimsuit if they are not completely toilet trained. No revealing swimsuits, cutoffs, gym leotards, basketball shorts, t-shirts, shorts/leggings, or other clothing permitted. Rashguard or neoprene material shirts may be worn for warmth in the shallow end. Advanced notification must be made for any other attire, such as wetsuits for race training.
6. Water wings and other inflatable devices, full-face snorkel masks, or mermaid tails are not permitted in the pool. The YMCA does not have goggles, water toys, diving rings, or other play items available for use, except noodles. Goggles may be purchased at the Y Welcome Center desk, if available.
7. Aqua jogger belts, water weights, aqua steps, and noodles are available for adult use for exercise purposes. Only aqua jogger belts are allowed in the deep end of the pool.
8. Food, drink, and gum are not permitted in pool area (water bottles are ok).
9. All strollers, car seats, and street shoes are to be left in the locker rooms. Please walk and wear deck shoes when on the pool deck.
10. Shower with soap and water before entering the pool.
11. Profanity, improper behavior, pushing, dunking, or horseplay is prohibited.
12. Spitting, spouting of water, blowing the nose, or otherwise introducing contaminants into the pool is not permitted.
13. No one is allowed to swim if they have open sores, rashes, or any infectious conditions.
14. Diving is allowed in designated areas only. All entries into the pool (jumps & dives) must be from a forward position. Flips and twists are not allowed. The starting blocks may only be used during swim lessons and swim team for instructional purposes.
15. Please do not sit or hang on lane lines or life lines and keep the stair/ladder entry and exit areas clear unless entering or exiting the pool.
16. Lap swimmers must circle swim when two or more swimmers share a lane. Children may swim in a lap lane as long as they are swimming laps. Individuals may use the lap lanes to exercise, if space is available, when the open swim area is closed.
17. If wearing eyeglasses in the pool, please be aware that the lifeguard may not get in the pool to get objects off the bottom of the pool. A glasses strap is recommended.
18. Please respect all requests made by the Aquatics staff. Lifeguards have the authority to disallow any activity deemed unsafe.