

# LAP POOL GUIDELINES

## 1. EVERYONE MUST SHOWER BEFORE USING THE POOL

2. If you have a swim lane reservation, please make sure to be aware of start and end times of your reservation. You must be out of the pool and clear of the lane prior to the start of the next reservation swim time. If you wish to swim longer than your reserved time, you may switch into one of the drop-in lanes and continue your swim as drop-in.
3. If you are swimming in a drop-in lane, select a lane compatible with your swimming speed.
4. To enter an occupied lane, always alert the other swimmer & receive an okay. Do not jump into a lane without the current swimmer being aware that you want to enter.
5. Enter the water feet first. Diving is not allowed.
6. If two people are sharing a lane, you may split the lane or circle swim.
7. Butterfly & breast strokes are not recommended when sharing a lane. Please graciously adapt your stroke to accommodate others.
8. Three or more swimmers per lane should circle swim. The customary traffic pattern is to stay to the right. That is, to swim in a counter-clockwise circle. (Treat the lane like a highway by swimming on the right-hand side of the lane according to your direction of motion.)
9. Always swim complete laps of the pool. Avoid stopping in the middle of the lane, as this can interfere with the progress of other swimmers & cause collisions.
10. Stop only at the wall & once stopped, stay in the corner of the lane.
11. Slower swimmers must yield to faster swimmers.
12. Be aware of your space in the lane & orientation of others. Allow others to pass you (at the wall) as needed.
13. Do not tailgate. Provide adequate distance between you & the swimmer ahead of you.
14. Please always be kind, courteous and respectful to your fellow swimmers. If there is an issue out at the pool or confusion regarding reservations or proper etiquette, please ask our staff to assist.



# RECREATIONAL POOL GUIDELINES

Please refer to the following guidelines for a FUN & SAFE Pool experience!

## 1. EVERYONE MUST SHOWER BEFORE USING THE POOL

2. No running, diving, pushing, horseplay, or sitting on people's shoulders
3. No climbing or standing on the fountains
4. Lap lanes are for swimming laps and swim lessons *ONLY*
5. Please do not hang on the lane lines
6. Water aerobics equipment (noodles, weights, etc.) are for classes *ONLY*
7. Large flotation devices and water guns of any kind are not allowed
8. Throwing or playing catch is not allowed in the pools or on the pool deck
9. No foul or offensive language
10. No eating or drinking in or near the edge of the pool, and no glass containers of any kind on the pool deck (*including alcohol*)
11. Infants and toddlers must wear both a swim diaper and a swimsuit
12. For safety reasons, pool fountains will not be turned on unless a pool monitor or lifeguard is present
13. Children under 5 years of age must be directly supervised (within an arm's reach) by a responsible adult at all times
14. Children 13 years and under must be closely supervised by an adult on the pool deck at all times
15. Children 10 years & under are not allowed in the whirlpool, sauna, and steam room. Children 11–13 must be supervised by an adult.
16. Children 4 years & under are allowed in the locker room of the opposite sex
17. Children 5 years and over that need help in the bathroom may use the Junior Club restroom
18. Children must not be disruptive to other members while in the locker room or wet areas



# WARM POOL GUIDELINES

## 1. EVERYONE MUST SHOWER BEFORE USING THE POOL

2. The Warm Pool may be used for a variety of activities such as water exercise, rehab, swim lessons, & play. Please share & accommodate others accordingly.
3. Only class participants allowed during Aqua Aerobics Classes.
4. Any person who is not a strong swimmer or who needs the assistance of a flotation device must have a responsible adult supervising them within arms reach at all times.
5. Aqua Weights are for Aqua Aerobics classes, water exercise, & rehab only! They are not intended for use as toys.
6. The Warm Pool was not designed nor is intended for Lap Swimming. Lap Swimming is an exception and is only allowed under the following special circumstance:
  - If there are 3 or less people in the pool AND the wall space needed is available.
7. If the above criteria is not met, LAP SWIMMING IN THE WARM POOL IS NOT ALLOWED.
8. If others' workouts are altered, then Lap Swimming is NOT allowed.
9. Out of courtesy to others, please DO NOT ask other members to move & accommodate wall space needed for Lap Swimming.
10. If the above criteria is not met, LAP SWIMMING IN THE WARM POOL IS NOT ALLOWED.
11. If the above criteria IS met & a Lap Swimming workout is in progress, the lap swimming member may continue their workout even if more than 3 members enter the Warm Pool after their workout has begun.
12. LAP SWIMMING IN THE WARM POOL MAY NOT EXCEED 30 MINUTES.

