

## YMCA POOL RULES

- ❖ No swimming when a lifeguard is not on duty.
- ❖ **All swimmers must shower before entering the pool and/or spa.**
- ❖ No glass containers in pool or locker room area.
- ❖ No running, pushing, dunking, or horseplay at ANY time.
- ❖ Kick Board and pull buoys are for instruction, swim team, and lap swimmers only.
- ❖ Diving is permitted in the deep end only.
- ❖ No noodles or flotation devices are allowed in the deep end.
- ❖ No catching anyone off the board.
- ❖ **Children 7 years and younger must be accompanied in the water by an adult (minimum of 15 years old) within arm's reach. MAX of 3 children per adult.**
- ❖ Infants or young children that wear diapers must wear a swim diaper covered by a swim suit.
- ❖ No personal displays of affection are allowed
- ❖ No one under the age of 18 is allowed in the hot tub

### Lap Swim Etiquette

- ❖ When entering an occupied lane, get the first swimmer's acknowledgment that you are there.
- ❖ If there are 1 or 2 swimmers in a lane, you may elect to split the lane in half. If a 3<sup>rd</sup> person were to enter the lane changes to "circle" swimming format.
- ❖ Get kickboards, pull buoys, etc. before entering the water.

