

Pool Rules

1. No diving anywhere in the pool
2. Pool and whirlpool users must shower before entering the pool
3. After using the sauna, you must shower before entering the pool/whirlpool
4. No street shoes allowed on the deck, at any time, no matter what
5. Children 9 years old and younger must be accompanied by a parent or guardian who is at least 18 years old
6. Any child older than 9 years old and using the pool without a guardian must know how to swim
7. Only YMCA and USCG approved floatation devices are allowed
8. Absolutely no foul language, rough or dangerous play/behavior will be permitted
9. All guests who wish to enter the deep end must be able to swim the length of the pool
10. No Floatation devices, except those being used for exercise aids, are permitted in the deep end
11. Do not hang on the lane lines
12. No food, drinks, or gum are permitted on the pool deck
13. Children who are not toilet trained must wear tightly fitting plastic pants or swim diapers. Regular diapers are not allowed in the pool
14. You must be at least 16 years old to use the whirlpool or sauna
15. The lap lanes are for swimming complete laps only. They can not be used for walking, talking or other activities.

Lap Swimming Etiquette

1. Please swim in a counter-clockwise pattern
2. Notify all swimmers in a lane before you enter and begin swimming
3. When entering a lane, give the current swimmer the right of way
4. Limit the amount of time resting at the end of the lane. Please move to the side of the lane when resting
5. Lifeguards can adjust lane assignments. Please comply, as this will make everyone's swim safer and more enjoyable.

Youth Pool Policy

For the safety and well-being of all swimmers, everyone ages 12 and younger will be swim tested. The lifeguards can ask anyone of any age to complete a swim test at any time. The test consists of swimming 25 yards and treading water for one minute. Swim tests are done at the beginning of each hour when there are at least two lifeguards on duty. Until a person has been tested, they are restricted to the shallow end. At the completion of the test, the swimmer will be given a red, yellow or green wristband. The child's name and information is recorded on the log sheet and a sticker is placed on their member card. On future visits, wristbands can be picked up at the front desk or at the pool.

Red: Can not swim 25 yards and can not touch the bottom at the rope OR is wearing a lifejacket.

Yellow: Can swim 25 yards and can not tread water for one minute OR can not swim 25 yards but can touch at the rope.

Green: Can swim 25 yards and tread water for one minute.

Red and Yellow must stay in the shallow end. Only Green can go into the deep end.

If your child is **5 years old & younger** and their wristband is:

RED or YELLOW: A responsible adult must be in the water and within an arms length at all times.

GREEN: A responsible adult must be in the pool area at all times.

If your child is **6 – 9 years old** and their wristband is:

RED: A responsible adult must be actively supervising the child.

YELLOW or GREEN: A responsible adult must be in the pool area at all times.

If your child is **10 or more years old** and their wristband is:

RED: A responsible adult must be in the pool area at all times.

YELLOW or GREEN: The child can swim without an adult in the pool area.

If you have any questions regarding the pool schedule or programs, please contact the Aquatics Director at (708) 749-0606x23.

Remember: Lifeguards have the final authority and must be respected to ensure a safe environment