



Aquatic Center Rules



General Rules—All Pools

- Children under the age of 8 must be within arm's reach of an adult over the age of 18.
- A shower is required prior to use of any pool or the whirlpool.
- Children under age 13 may ONLY use the lap swimming pool during designated family swim time, but must be under the direct supervision of a parent or other adult, age 18 or older at all times.
- Children who are members under the age of 16 must be supervised by an adult, 18 or older.
- Children under the age of 16 are not permitted in the whirlpool or therapy pool at any time except for Center sponsored events that permit such use.
- Swim suits are required when using the lap pool, whirlpool or therapy pool. Cutoffs and other frayed material will not be allowed.
- Infants must wear approved waterproof diapers or swim diapers at all times when using the lap pool.
- Hanging on the lane lines is not permitted.
- Absolutely no breath holding or hyperventilation activities permitted.

- Water shoes are permitted and recommended in all areas due to wet floors.
- Food, drinks and chewing gum are prohibited. Plastic water bottles are permitted.
- Horseplay is not allowed including running, pushing, dunking or throwing.
- No diving or head first entry into the pool.
- A minimum of 2 lap lanes will be open at all times in the lap pool.
- In the event of lightning, all pools will be closed and remain closed for 30 minutes following each lightning strike.
- No person will be permitted in any Center pool having: skin lesions, sores, inflamed eyes, mouth, nose or ear discharge, carrying infectious disease or having any type of bandage, adhesive tape, etc., on their body.
- No public displays of affection.

Warm Water Therapy Rules

- The warm water therapy pool is designated to serve the following purposes in this order:
- Physical and Occupational Therapy
- Therapeutic Group Exercise Classes
- Swimming Lessons
- Individuals performing exercise of a therapeutic nature.

Whirlpool Rules

- Children under age 16 not permitted in the whirlpool at ANYTIME.
- Pregnant women, elderly persons and persons suffering from heart disease, diabetes or high or low blood pressure should NOT use the whirlpool without prior medical consultation and permission from their doctor.

- Do not use while under the influence of alcohol, tranquilizers or other drugs that cause drowsiness or that raise or lower blood pressure.
- For safety reasons it is advisable to not be alone in the whirlpool.
- Allow yourself at least 5 minutes after exercising to cool down before entering the whirlpool.
- Please shower after exercising prior to using the whirlpool.
- Please do not stay in the whirlpool for greater than 15 minutes. Long exposure can result in nausea, dizziness or fainting.

Chairlift Procedures

The chair lift is designed for members and guests who need assistance entering and exiting the pool. The chair lift was designed to be self-operable. If you have any questions regarding the use of the chair, please ask the lifeguard or staff person on duty. If you need assistance using the chair lift, you may bring an attendant with you to help operate the chair lift.

Locker Room Rules

- Adult Locker Rooms are designated for members 13 and older.
- Children under the age of 13 ARE NOT ALLOWED in main locker rooms at any time. Family locker rooms and auxiliary locker rooms are designated for families with children under 13, swimming lessons, birthday parties, family swim and special-needs members. Please ask staff for appropriate instructions /location.
- Participants are required to shower before entering the pools or whirlpool.
- Shaving is not permitted in any pool or whirlpool.

