

AQUATIC CENTER RULES

- No running
- All swimmers must shower before entering the pool.
- All swimmers must wear a swim suit, swim trunks and/or rash guard. ***No alternative clothing is allowed.***
- All swimmers under 14 years of age must be accompanied by an adult 18 years or older.
- Younger swimmers who have not passed the swim test must wear a life jacket ***and*** be within arms reach of a guardian at all times.
- No climbing, sitting or standing on wall
- No rough play in or around the pool area
- No extended breath holding or breath holding contests
- No food, drink or glass containers allowed on pool deck
- Jumping into the pool is not permitted.
- Diving blocks are for swim team/swim lesson use ONLY.
- In the event of lightning or other inclement weather, the aquatics center may close for a period of time until conditions are safe to re-enter.

FAMILY SWIM RULES

- All children under 14 years of age must be accompanied by an adult 18 years of age or older.
- Children cannot be left unattended in the pool area.
- Younger swimmers who have not passed the swim test must wear a life jacket **and** be within arms reach of a guardian at all times.
- No climbing, sitting or standing on walls or structures.
- No running
- Children who are not fully toilet trained must wear a swim diaper.

LAP SWIM RULES

- Share the lane: Two swimmers may split the lane. Three or more must circle swim.
- If you wish to share a lane, notify the swimmer in that lane before entering.
- Lap lanes are for lap swimming only.
- Diving blocks are for swim team or swim lesson use only.
- Lane lines may only be moved by lifeguards.
- In some cases lifeguards may be required to close a lap lane.
- In the event of lightning or other inclement weather, the aquatics center may close for a period of time until conditions are safe to re-enter.



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HOT TUB RULES

- Participants must be 14 years or older.
- All participants must shower prior to entering the hot tub.
- Treat Aquatics Center area and other swimmers with respect.
 - *No jumping or diving*
 - *No splashing or disrupting others*
 - *No exercise equipment allowed in this area*
 - *Aerobic activity is prohibited in this area.*
- Proper swim attire is required:
 - *Swim suit or swim trunks ONLY.*
 - *No athletic wear*
 - *Street clothes/casual materials damage filters and equipment, and are not permitted as swim attire. Shirts cannot contain cotton; they must be lycra or polyester ONLY.*
- Use of hot tub is not recommended for people who have high blood pressure, heart disease, respiratory issues, seizure disorders or are pregnant. Please check with your doctor prior to using the hot tub.
- Recommended usage time should not exceed 10-minute intervals.
- Participants in violation of these policies will be asked to leave.



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