

## **What can I wear in the pool?**

Here at the KROC we allow swim suits and swim trunks only. This is to preserve the wellness of our pool and all functioning parts. No alternative clothing will be allowed this includes but is not limited to; workout gear, gym shorts, sports bras, leggings or anything of cotton material. **Attire will be checked prior to entering the pool.**

## **When is open swim time?**

Our pool is open to everyone during our hours of operation.

We do however share our space with multiple groups so please refer to the aquatics schedule to determine when the best time is for you to come.

## **Can my child swim without me?**

Anyone who wishes to swim without parental supervision must be 14 years of age or older. Anyone under 14 years of age must be with a parent or guardian over 18 years of age. If a parent wishes to observe from the deck, the swimmer **must pass a swim test.**

## **Who can swim in the lap lanes?**

Lap lanes are reserved for lap swimming and deep-water exercise only. If a parent wishes to practice swimming with their child, permission needs to be obtained from the lifeguard on duty before entering a lane.

## **Who is allowed to use the hot tub?**

The hot tub is for therapeutic use only. All occupants must be 14 years of age or older. This is to ensure the safety of all who use this feature. We ask that use be restricted to 15-minute intervals to prevent injury.

## **Are flotation devices allowed in the pool?**

Personal flotation devices are not allowed in the pool. We have lifejackets and pool noodles available to all who should need them.

## **Any other questions? Please feel free to contact:**

Dominique Evans | [Dominique.Evans@uss.salvationarmy.org](mailto:Dominique.Evans@uss.salvationarmy.org) | (901)729-8086

Sierra Rogers | [sierra.rogers@uss.salvationarmy.org](mailto:sierra.rogers@uss.salvationarmy.org) | (901)426-3430