

## Rules and Proper Attire

- Adults should not swim alone.
- Children should not use the swimming pool without adult supervision.
- No pets or glass containers allowed on pool deck.
- Shower before entering pool.
- Bathing suits and shower shoes only. Please no undergarments, thongs or street clothes.
- Children under 8 years of age must be accompanied by an adult.
- Circle swimming required during peak times.
- **Underwater lap swimming and breathholding contests are prohibited.**
- Thank you for supporting our tobacco-free campus.
- Please refrain from eating, drinking and chewing gum in and around the pool.
- Please walk at all times.
- Please refrain from playing or swinging on ladder or ramp hand rails.
- For your safety, pushing, dunking, throwing and riding on shoulders is not permitted.
- Starting blocks may be used during YMCA staff supervised programs only.
- For your safety, diving is not permitted while lap swimmers are present in lane or in shallow areas less than 9 feet deep.
- Inflatable flotation devices are prohibited. Instructional belts and life jackets are available.
- Thank you for not swimming while having open sores. Please wait until cuts requiring band-aids heal before swimming as band-aids are not permitted in the water.
- **The lifeguard has final say over any situation.**
- For your safety, please do not wear excessive clothing such as rubber suits, wool hats, sweat clothes, etc. in the hot tub, sauna or steam room. Proper attire consists of a bathing suit (or shorts and shirt in sauna or steam room). Street shoes are not permitted. Patrons may go barefoot or wear shower shoes.