



Pool Rules

- Please WALK; do not run!
- Obey Lifeguards at all times
- ALL children 15 and under must be accompanied by an adult, or pass a swim test (YMCA Test/Mark/Protect)
- Parents/Guardians/Supervisors MUST remain within arm's reach of non-swimmers
- No breath holding or prolonged underwater swimming
- No swimming UNLESS a lifeguard is present
- Diving only allowed in the dive tank
- No glass containers allowed in the pool area
- Stay off of the lane lines and divider ropes
- Only soft balls are permitted (i.e. no tennis balls, footballs, racquetballs, etc).
- Only proper swimming attire is allowed in the pool
- No smoking on the premises
- Shower before entering the pool

Baby Pool

- Lifeguard MUST be present
- ONLY children 5 and under are allowed and MUST be accompanied by an adult (18+)
- Only swim diapers allowed!

Focus Points:

- No breath holding or prolonged underwater swimming
- There will be **random** "red shirts," or mock emergencies, during operating hours to help lifeguards practice different skills needed in real life situations

YMCA Swim Test

| Ages | Pass/Complete | Do Not Pass/Incomplete |
|---------------|---|--|
| 0-6 | Access to whole pool Must be within arm's reach of an adult (1:2 ratio) Adult must be in water | Access to roped off shallow end (4ft to 5.5ft) only Must wear a PFD (personal floatation device) Must remain within arms reach of an adult Adult must be in water |
| 7-11 | Access to whole pool Can swim alone, but an adult must be on the premises | Access to roped off shallow end (4ft to 5.5ft) only Adult must be on pool deck actively watching child, but does not have to be in the water. Child may wear PFD |
| 12-15 | Access to whole pool Can swim alone without an adult being on the premises | Access to roped off shallow end (4ft to 5.5ft) only Adult does not need to stay on pool deck, but must remain on the premises |
| Special Notes | Children Ages 6 and Under: Must be accompanied by an adult in the water, at arm's length, regardless of swimming ability Children Ages 15 and Under: Must take a swim test to receive a band allowing them access to entire pool | |

