

Pool Information

1. **A shower must be taken before entering the pool.**
2. No running on the pool deck.
3. No street shoes allowed on indoor pool deck.
4. No prolonged underwater swimming for time and/or distance. Competitive and/or repetitive breath holding can be deadly and is not permitted. Hyperventilation is absolutely not permitted.
5. **At the discretion of the Aquatic Staff, appropriate swim attire (i.e., Swimsuit, swim trunks) is required in the pool – no thongs, street clothes, cut-off shorts, or athletic apparel is allowed.**
6. U.S. Coast Guard (USCG) approved life jackets and floatation devices are permitted.
7. No food, gum or beverages in glass containers are permitted in the pool.
8. Running on deck or in lockers rooms, pushing, horseplay, throwing equipment or people, or “chicken-fighting” is not permitted.
9. Do not hang on or swim over the lane lines.
10. Please return all items used for fitness or leisure to their original location.
11. Children wearing personal flotation devices must be accompanied in the water by an adult.
12. Children who are not completely potty-trained are required to wear Swim pants on or under their swimsuits or swim diapers. **Diapers are not permitted in the pool.**
13. A child 6 years old or younger must be actively supervised in the water within arms’ length by an adult.
14. Children 12 and under must be supervised at all time by a person 18 or older.
15. Children under the age of 12 are not allowed into the Whirlpool.
16. During certain times, sections of the pool will be designated as swim instruction areas.
17. There will be no horseplay (spitting, inappropriate behavior, dunking, or hitting) in or around the pool area.
18. Additional Rules are posted in pool area.