

## Rules for Pool Use

1. Everyone must shower before entering the aquatic area
2. A bathing suit or trunks must be worn at all times
3. During Open Swims, all children under the age of 11 years old must be accompanied in the pool area by an individual 18 years or older. Except during swim lessons
4. All children wearing floatation devices must be accompanied in the pool by an individual 18 years or older.
5. Walk – Running is not permitted.
6. Diving is not permitted except during swim lessons.
7. Diapers are not permitted in the pool.
8. We strongly encourage members with hair past their shoulders to wear a bathing cap or tie their hair back.
9. Please remove all Band-Aids, corn pads and hairpins before entering the pool.
10. Dumbbells and water belts are for individuals 18 years or older.
11. Flippers are only permitted in the lap lanes.
12. Food or drinks are not permitted in the pool area.
13. Everyone in the aquatic area must obey the lifeguard.

## Rules for Relaxation Area – Sauna, Steam Room and Hydrotherapy Spa

1. Must be 16 years or older to use these facilities.
2. The relaxation area is a co-ed facility.
3. A bathing suit must be worn at all times.
4. Use of these facilities is at your own risk.
5. Persons who are pregnant or suffering from heart disease, diabetes or abnormal blood pressure may not use these facilities without prior medical clearance.
6. Please abide by all time limits of 15 min. for each piece of equipment.
7. Please do not tamper with any controls or place foreign objects in any piece of equipment.
8. Shower required before entering the hydrotherapy area.
9. Refrain from taking any breakable objects or electrical apparatus into this area.
10. Shaving is not appropriate in these areas.
11. The use of soaps, oils, mists, or perfumes is prohibited.
12. If you are unfamiliar with equipment, please contact an aquatic staff member.