

# EASTSIDE FAMILY YMCA POOL RULES

- The lifeguards are the authority in the pool area. Their responsibility is to constantly scan the pool to maintain safety.
- During open swim, parents are responsible for supervising their children. All children ages 5 and under must be accompanied by an adult in the water, within arm's reach at all times. Children ages 6, 7, and 8 must have an adult in the pool area. An adult is 18 or older.
- Non-swimmers must remain in the shallow end of small pool, armpit depth or less. Coast Guard approved lifejackets are available for use with adult (18+) supervision in the water, within arm's reach at all times.
- Swimmers under 18 years of age must complete and pass a deep-water test to use the large pool.
- Modest swim suits must be worn. No cutoff jeans, cotton shorts & t-shirts or exercise clothes. Swim diapers must be worn by infants and toddlers.
- All dangerous activities such as breath holding, prolonged underwater swimming, running, pushing, dunking, sitting on shoulders, hanging on lane lines and playing on steps and ladders are forbidden.
- Soft toys or light balls are permitted in the small pool but prohibited during classes and high attendance times, and should not interfere with other patrons' activities. Inflatable floatation devices, including water wings, are not allowed in either pool.
- Diving is NOT permitted in either pool. Feet first, forward-facing jumps are allowed from the deepest end of both pools. No twisting, flips, or somersaults.
- No food, gum, or glass containers in the pool or locker areas.
- Swim and exercise classes have priority use of the pools. Consult the pool schedule for open swim times.
- After exiting the pools please refrain from walking through the building hallways with wet swimsuits. Please use either our family changing rooms or locker rooms. Children ages 6 and above must use gender appropriate bathrooms and locker rooms.
- SERPENTINE SLIDE RULES:
  - Riders must first pass a deep-water test or be 60" tall.
  - Riders are required to go one at a time, feet first, either in sitting or lying position.
  - Riders may not be caught at the bottom of the slide.
  - Area at the bottom of the slide must be clear before the next rider can start.
  - For riders' safety, flotation devices such as lifejackets, puddle jumpers, and noodles along with diving masks or swim goggles are not permitted.
- Enjoy your time at the Eastside Family YMCA Pool!