

FACILITY RULES

1. All persons using the pool must shower before entering.
2. Only appropriate swimwear is allowed in the pool. Exposed swimwear is not permitted outside the pool area. Cotton materials, gym shorts, and cutoffs are not permitted swim wear.
3. Do not leave valuables unattended. The Y is not responsible for lost or stolen items.
4. Non-potty trained children must wear a SWIM DIAPER and LINER while in the pool.
5. NO: Inflatables of any kind (i.e. tubes, plastic water wings, balls, etc.) are allowed in the aquatics facility. Water wings that are not coast guard approved are not allowed in the aquatics facility. Life jackets can be provided by the Y upon request as a swimming aid for non-swimmers. Only coast guard approved life jackets and full wrap around water wings are permitted.
6. Any child under the age of 12 will need to take the facility swim test to utilize the diving boards or lap pool area. Any child who does not pass the swim test may not pass the non-swimmer's rope unless within arm's reach of a parent or guardian
7. NO: Running, diving, dunking, pushing, or horseplay of any kind.
8. NO: Throwing children in the air or riding on shoulders is allowed.
9. NO: Hanging on ropes or lap lanes.
10. NO: Gum and sunflower seeds are allowed in any pool areas.
11. NO: Persons with open sores, head lice, chicken pox, ringworm, pink eye, or any other infectious disease or transmittable virus shall enter the pool. Band-aids must be removed before entering the pool.
12. Swim lessons and aquatic group classes take priority over open swim.
13. A 10-minute safety break will be conducted at the end of each hour. All children under the age of 18 will be asked to exit the pool at this time.
14. Jumping off of diving blocks is prohibited.
15. Lifeguards are in charge of the pool at all times. They have the right to refuse entry or ask someone to leave if they are violating safety regulations.

Children Ages 9 & Under

1. All Y pool rules must be followed at all times.
2. Non-potty-trained children must wear a SWIM DIAPER and LINER while in the pool (available for purchase at the Member Services Desk).
3. Please do not change children's clothing or diaper on deck. Family changing rooms are available inside the YMCA facility and child watch hallway.

Age Limitations

- A. 4 & under:** Must be within arm's reach of a parent/guardian at all times, meaning parent/guardian must enter the water with the child.
*Parent/Guardian MUST be 16 years of age or older
- B. 5-9:** Permitted in the pool without a parent/guardian.
Parent/guardian must remain on the pool deck and actively supervise the child.
*Parent/Guardian MUST be 16 years of age or older
- C. 10 & up:** Permitted in the pool without a parent/guardian.
Parent/guardian does not need to be in the facility. Swim test is required for ages 5-12. Swim testing for ages 12 and above is at the discretion of the lifeguard, based on the ability of the child.

YMCA OF THE HIGHLAND LAKES AT GALLOWAY-HAMMOND

P 512-756-6180 F 512-756-1755

Y Swim Test Policy

Anyone under the age of 12 wanting to enter the lap pool or pass the non-swimmers rope must pass the swim test.

TEST: (ages 5-11 only - children under the age of 5 will not be allowed past non-swimmers rope unless within arm's reach of a parent).

Child must swim the length of the 25-yard lap pool then perform a tread.

This test permits the child to utilize the entire indoor pool area.

Lifeguard has full discretion over swim test; this band can be removed at any time for safety reasons. Note: Due to lane usage or guarding requirements there may be times when the lifeguard on duty is unable to give a swim test.

Lap Lanes

1. Circle swimming is required. This is performed when each swimmer stays to his/her right of the black line, swimming counter-clockwise.
2. The lifeguards are instructed to make changes when necessary as a courtesy; they have final say in directing traffic.

Pool is 25 yards long (35.5 laps = 1 mile)

Diving Boards

1. Only Jump Once
2. NO goggles
3. NO life jackets.
4. NO sitting on the diving board.
5. NO gainers.
6. NO adjusting the fulcrum.
7. Once you go up on the diving board, you must jump down. Climbing down the ladder is not permitted.
8. Jump out from the diving board.
9. One person on the board at a time.

Warm Water Therapy Pool

1. All facility rules apply for the Warm Water Therapy pool. Jumping, diving, splashing and lap swimming are not permitted.
2. Please be respectful of other swimmers who are using the Warm Water Therapy Pool.
3. Lifeguards have full discretion over any activities.

Wibit

1. Recommended age for the Wibit is age 6 and up.
2. All users must pass the lap pool swim test by swimming the length of the pool and must be 5 years of age or older. Only two participants are allowed on the Wibit at a time.
3. Please wait in the designated line out of the pool to use the Wibit. Please wait until the participant in front of you has gone half way before entering the water and swimming to the platform.
4. Participants must be able to independently get on and off the Wibit. Touching or hanging on the bungee cords is not allowed.
5. Diving and flipping off the Wibit is not allowed. Please go feet first when sliding down the slide.
6. If a participant falls off the Wibit before finishing, they must swim away and go to the back of the line.
7. Going backwards on the Wibit is not allowed. Participants must use forward motion only.
8. Please do not swim underneath the Wibit.
9. No jumping from Tower is allowed.