



## Aquatics Center

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 WATERPROOF PANT while in the pool.
5. NO: Inflatables of any kind (I.E. tubes, plastic water wings, balls, etc.) are allowed in the aquatics facility.
6. Any child 12yrs & under will need to take the facility swim test to utilize the family fun pool, lap pool and/or slide. Children will be given a swim test band which must be worn at all times during pool use. If band is forgotten one can be substituted for the day or another can be purchased at the Member Services Desk and given by the lifeguard on duty.
7. 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.
8. NO: Running, diving, dunking, pushing, or horseplay of any kind.
9. NO: Throwing children in the air or riding on shoulders is allowed.
10. NO: Hanging on ropes or lap lanes.
11. NO: gum and sunflower seeds are allowed in any pool areas. Food must remain in the outside patio area.
12. 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.
13. Swim lessons and aquatic group classes take priority over open swim. Lesson and class schedules are posted at facility and online.
14. A 10-minute safety break will be conducted at the end of each hour. All children 17yrs and under will be asked to exit the pool at this time.
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 12 & Under Guidelines

1. All Y pool rules must be followed at all times.
2. Non- Potty-trained children must wear a SWIM DIAPER and WATERPROOF PANT while in the pool. (Available for purchase at the Aquatics Swim Shop).
3. Please do not change children's clothing or diaper on deck. Family changing rooms are available inside the aquatics facility.
4. Age Limitations
  - a. **Ages 0-4:** Must be within arm's reach of a parent/guardian (18yrs or older) and be actively supervised at all times by the parent/guardian (18yrs or older).
  - b. **Ages 5-8:** Is permitted in the pool without a parent/guardian (18yrs or older) after successfully passing the swim test. Parent/guardian must remain on the pool deck and actively supervise the child.
  - c. **Ages 9-12:** Is permitted in the pool without a parent or guardian (18yrs or older) after successfully passing the swim test. However, parent/guardian must remain at the branch but does not need to be on deck.
  - d. **Ages 13 and up:** Is permitted in the pool without a parent/guardian. Parent/guardian does not need to be in the facility. Swim test at the discretion of the lifeguard, based on the ability of the child.
5. **Anyone under the age of 12 that wants to swim outside the non-swimmer area, enter the lap pool or use the slide must pass the swim test.**

## Lap Lanes

1. Circle swimming is not optional when others are waiting. 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.

## Y Swim Test Policy

Anyone 12yrs and under wanting to enter the lap pool or slide must pass the swim test.

**SWIM TEST** (ages 5-12 only - children 4yrs and under will not be allowed in any pool unless within arm's reach of a parent/guardian (18yrs or older).

**(Pink Band)** Child must jump feet first (head under water), recover and swim the length of the 25-yard lap pool without stopping, tread water or float on their back for 5 seconds and get out of the pool unassisted.

- This test permits the child to utilize the family fun pool, lap pool, slide and/or Inflatable. Note: Use of the Inflatable is only recommended for children 6yrs and up.

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

## Locker Rooms / Changing Rooms

1. The Y is not responsible for personal items brought into the building. The Y also recommends you bring a lock so that you are able to lock your belongings in a locker.
2. The Y offers family changing rooms on the pool deck for those with disabilities as well as children who are old enough to use the gender-appropriate locker rooms, but still need assistance. Children 5yrs and older must use the gender-appropriate locker rooms.

## Hot Tub & Dry Heat Sauna

1. Must be 13yrs or older to utilize Hot Tub.
2. Must be 16yrs or older to utilize Dry Heat Sauna.
3. Please do not pour or spray liquids on Dry Heat Sauna rocks.
4. Appropriate clothing is required but a swimsuit is recommended.
5. Please do not place any items on the heater (I.E. towels, swimsuits).
6. Recommended limit is 15 minutes.
7. Be sure to drink plenty of water.
8. Shower before entering the water after use of the sauna.
9. Usage of the hot tub and the sauna is not recommended within 30 minutes of each other.

## Warm Water Therapy Pool

1. The Warm Water Therapy Pool is reserved for Seton Medical Center, swim lessons and aquatic group classes daily. Please check Warm Water Therapy Flyer for availability.
2. The Warm Water Therapy Pool will be available during specific times for YMCA Members only 18yrs & older.
3. Our therapy pool must be used for water exercise, therapy, rehabilitation or medical reasons only.
4. All facility rules apply for the Warm Water Therapy pool.
5. Jumping, diving, splashing and lap swimming are not permitted.
6. Please be respectful of other patrons.
7. Lifeguards have full discretion over any activities not on the Warm Water Therapy Pool schedule.
8. Must be a YMCA Member 18yrs or older to utilize this pool.

## Inclement Weather Policies

Natatorium - The CHASCO Family YMCA Aquatics Center will close for inclement weather as needed and approved by aquatics director and/or executive director. All patrons (in the natatorium, locker rooms or family changing rooms) must exit the Aquatics Center during this time until pool is safe to reopen. Patrons are welcome to wait in the lobby or hallway.

Swim Lessons - Swim lessons may be canceled due to inclement weather or water quality issues. Please contact the Member Services Desk at (512) 246-9622 for updates.

Pool is 25 yards long (35.5 laps = 1 mile: 5,280 ft. or 1,750 yds.)