

## Safe Pools Have Rules!

All members using the pool should exemplify the YMCA's 4 Core Values of caring, honesty, respect and responsibility.

- **Follow all lifeguard directions.** They are responsible for the safety of all swimmers.
- **Showers are required before entering the pool.** This is Massachusetts State Law (and a good idea!)
- **Help us keep it clean!** Please pick up any trash after yourself. Long hair needs to be in a swim cap or pulled back. Bare feet, water shoes, and/or sneakers/sandals that are for indoor use only are allowed (no street shoes allowed).
- **Keep it fun.** Horseplay or other unsafe behavior is prohibited. Hanging on lane lines is not permitted.
- **Noodles and bubbles are available for everyone.** Please respect our equipment. No slapping, biting into, or spitting water out of the noodles. Do not rearrange bubbles.
- **Flippers, barbells, kickboards, and pull buoys are for adult & instructional use only.** Balls/Toys for swim lessons only. Mermaid tails/monofins are prohibited.
- **Only YMCA bubbles and Coast Guard approved flotation devices are allowed.** No inflatable devices, such as water wings, inner tubes, rafts, etc. Swim bubbles are available for use and are located on the pool deck. They are also available for sale at the Welcome Center.
- **Proper swim attire must be worn.** No cut-offs or t-shirts are not allowed for health & safety reasons.
- People with open wounds, rashes or sores are not allowed to swim until they have healed.
- **No Diving in the Alden Pool or in the shallow end of the Woodbury Pool.**
- Jumping in forward is allowed; no twists, spins, flips or backward jumps are permitted off the edge of the pool.
- Starting blocks may only be used during swim practice or under an instructor's/coaches supervision.
- **Glass (tempered) masks and snorkels are prohibited.**
- Food, gum, or glass are not allowed on the pool deck.
- **Prolonged submersion and breath holding activities are prohibited.**

### Make A Splash! Jump Right In!



### Lap Swim

- **Swimmers of all ages are welcome to swim laps.** Swimmers must be able to swim the full length of the pool continuously and without support.
- **Adult water walking, exercising, and floating are permitted during Lap Swim only if there are 2 or more lap lanes available.**
- Lap swimmers must share lanes if there is not an open lane. Circle swimming is required when 3+ swimmers are sharing a lane. To swim circles effectively, watch the center line on the bottom of each lane and stay to the right.
- Acknowledge and respect your fellow swimmers when you are sharing a lane.
- Lanes may be removed to accommodate Swim Lessons.

### Open/Family Swim

- For recreational, water walking, and rehabilitation use.
- **Noodles are available to use!** The lifeguards reserve the right to minimize use depending on number of patrons or used improperly.
- **Children under the age of 6 and/or wearing a flotation device** must have a parent in the water and within arm's reach.
- **Children wearing a flotation device** must stay in the shallow end of the pool.
- **Children ages 6-12** must have a parent present on pool deck.
- **Shallow end or deep end swim tests** may be conducted per the lifeguard's discretion.
- **Only swim diapers** are allowed in the pool.
- There is limited space for open swim during lessons, programs, swim team, pool rentals, and birthday parties.

### Whirlpool

- Must be 18 years old to use whirlpool.
- Youth under 18 years may not sit on the side of the whirlpool.
- Whirlpool users can stay in the whirlpool for no more than 10 minutes at a time.
- Elderly persons, pregnant women and persons suffering from heart disease, diabetes, high or low blood pressure should consult a physician before using the whirlpool.

**Aqua Fitness** Water group exercise classes are a wonderful alternative to "land" exercises. With water exercise, there is less impact on your joints, but you still receive the same cardiovascular workout. All fitness levels and non-swimmers are welcome. \*Some classes require registration.

**Swim Lessons** Swimming is a challenging sport and form of exercise that is also a great life skill. Our Y's offer swim lessons (for all ages), family swim, and many kinds of adaptive swim programs for kids with special needs, so we can all safely enjoy the pleasures of an aquatic environment. Private swim lessons are also available upon request!