

## General Water Safety

Before you jump in the pool, please review these general water safety guidelines:

- Never take your eyes off children in the pool.
- While supervising, stay alert and avoid distractions like reading or the telephone.
- No diving allowed.
- Warn children about the dangers of pools and hot tubs.

## Pool Rules

### Exercise & Recreation

- Adult supervision of children is required at all times.
- No horseplay or misuse of pool equipment.
- Noodles, dive rings and kickboards are provided for outside pool play.
- Recreational use of Club water exercise equipment is not allowed.
- No outdoor sports equipment is allowed.
- Recreational or open swimming is allowed in the non-lap lane area of the indoor pool EXCEPT during swimming lessons or group fitness classes.
- Swimming lessons and group fitness class times vary - see schedule or front desk for times.
- 2 lanes are available in the indoor pool for lap swimming at all times.
- Individuals, 17 and younger must exit the pool(s) during safety breaks. Individuals, 18 and older are allowed to swim during safety breaks.
- Lifeguards/Club staff will prohibit any behavior they deem is unsafe.
- The outdoor pool water features are off during class time.
- Street clothes and cutoffs are not allowed.
- Water shoes are required in the Aqua Track and for group fitness classes in all pools.
- Individual use of the Aqua Track during a fitness class is not allowed.
- For safety reasons, please exit the Aqua Track before a group fitness class begins.

## Children

- Children under the age of 13 must be accompanied by an adult at least 19 years old and the adult must be in the pool area.
- Children under 13 are not allowed in the hot tubs, aqua track, steam rooms or saunas.
- Children 5 and younger must be supervised by an adult at least 19 years old and the supervising adult must be within arm's length of the child.
- Infants are required to wear swim diapers; these are available for purchase in the Pro Shop at the front desk.
- US Coast Guard, Red Cross or puddle jumper life jackets are recommended.
- Flotation devices that can pop, including water rings or wings, are not allowed.

## Food and Beverages

- Outside food, drinks (other than bottled water) and coolers are not allowed.
- No chewing gum is allowed in pool areas.

## Pool Hours

**Monday-Thursday:** 5 a.m.-9:30 p.m.

**Friday:** 5 a.m.-7:30 p.m.

**Saturday & Sunday:** 7 a.m.-6:30 p.m.

## Summer Lifeguard Hours

**Monday-Thursday:** 12:30-9:30 p.m.

**Friday:** 12:30-7:30 p.m.

**Saturday & Sunday:** 1-6:30 p.m.

## Winter Lifeguard Hours

**Monday-Thursday:** 5:00-8:30 p.m.

**Friday:** 4:00-7:30 p.m.

**Saturday & Sunday:** 1-6:30 p.m.

## Weather Conditions

The outdoor pool area and deck must be cleared during thunder and lightning. It is recommended indoor swimmers clear the inside pool area and deck during thunder and lightning.