



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS REGULATIONS

-Appropriate swim attire is required prior to entering any pool.

-No person is permitted to use our pools without first having taken a warm water shower using soap.

FITNESS POOL

1. Lifeguards are here for your safety and reserve the right to prohibit behavior deemed unsafe or inappropriate and may remove patrons from the pool if they are behaving in an unsafe or inappropriate manner. Lifeguard decisions are final.
2. Individuals 11 years and under must be accompanied by an adult (18 years or older) in the water.
3. No person having an obvious communicable disease, skin eruption, cut, sore or lesion, eye, ear, nose or throat infection, is permitted to use the pool.
4. Spitting or spouting of water, blowing the nose or any other similar activities in the pool are strictly prohibited.
5. No running, boisterous or rough play, except supervised water sports, is permitted in the pool.
6. Floatation devices must be Type 2 Coast Guard approved. All pool toys must be approved by the Lifeguard.
7. Only plastic water bottles are allowed in the Fitness Pool area and must remain on deck. No other food or beverage is allowed.
8. Lap lanes are reserved for lap swimming, aqua jogging and water walking.
9. Circle swim if more than two members are in a lane or if a member is waiting to swim.
10. Starting blocks are for swim team and instructional use only.
11. If you use pool equipment, please return it to the proper storage area when finished.
12. Maximum patron load is 260 persons.

FAMILY FUN POOL

1. Lifeguards are here for your safety and reserve the right to prohibit behavior deemed unsafe or inappropriate and may remove patrons from the pool if they are behaving in an unsafe or inappropriate manner. Lifeguard decisions are final.
2. Individuals 8 years and under must be accompanied by an adult (18 years or older) in the water.
3. No person having an obvious communicable disease, skin eruption, cut, sore or lesion, eye, ear, nose or throat infection, is permitted to use the pool.
4. Spitting or spouting of water, blowing the nose or any other similar activities in the pool are strictly prohibited.
5. No running, boisterous or rough play, except supervised water sports, is permitted in the pool.
6. Floatation devices must be Type 2 Coast Guard approved. All pool toys must be approved by the Lifeguard.
7. No food or beverage is allowed in the Family Pool area.
8. All children who require wearing a diaper must wear a "swim diaper" in the pool.
9. If you use pool equipment, please return it to the proper storage area when finished.
10. Maximum patron load is 200 persons.

SPA / HOT TUB

WARNING: No Lifeguard on duty.

1. No person is permitted to use the spa without first having taken a warm water shower using soap.
2. Individuals 11 years and under are prohibited from using the spa. 12 – 15 year olds must be supervised by an adult (18 years or older).
3. Pregnant women, elderly persons and persons suffering from heart disease, diabetes or high or low blood pressure should not enter the spa/hot tub without prior medical consultation and permission from their doctor.
4. Do not use the spa/hot tub while under the influence of alcohol, tranquilizers or other drugs that cause drowsiness or that raise or lower blood pressure.
5. Do not use at water temperatures greater than 104°F (40°C).
6. Do not use alone.
7. Enter and exit slowly.
8. Observe reasonable time limits (10 – 15 minutes).
9. Long exposure may result in nausea, dizziness or fainting.
10. No food or drink is allowed in spa/hot tub area.
11. Lifeguards reserve the right to prohibit behavior deemed unsafe or inappropriate and reserve the right to remove patrons from the spa if he or she is behaving in an unsafe or inappropriate manner.
12. Maximum patron load is 12 persons.

SSC OUTDOOR POOL

1. Lifeguards are here for your safety and reserve the right to prohibit behavior deemed unsafe or inappropriate and may remove patrons from the pool if they are behaving in an unsafe or inappropriate manner. Lifeguard decisions are final.
2. Individuals 11 years and under must be accompanied by an adult (18 years or older) in the water.
3. No person having an obvious communicable disease, skin eruption, cut, sore or lesion, eye, ear, nose or throat infection, is permitted to use the pool.
4. Spitting or spouting of water, blowing the nose or any other similar activities in the pool are strictly prohibited.
5. No running, boisterous or rough play is permitted in the pool.
6. Floatation devices must be Type 2 Coast Guard approved. Pool toys must be approved by a lifeguard.
7. No outside food or beverage is allowed.
8. All children who require wearing a diaper must wear a "swim diaper" in the pool.
9. Lap lanes are reserved for those who are swimming laps or aqua jogging.
10. Individuals must be 48" inches tall to use the water slide.
11. Only one individual may dive at a time from the diving boards. After diving, exit the diving area quickly to assure the safety of others.
12. Maximum patron load is 920 persons.