

# Pool Guidelines

*Please keep an eye on your children. The lifeguards are required to keep a constant watch on the water and are not there to discipline children.*

## Showering:

State law requires that individuals must shower prior to entering the pool. Showers are located by the lifeguard entrance at the outdoor pool or you may rinse in the locker rooms prior to entering the indoor pool. Please avoid putting product such as conditioner in your hair before entering the pool.

## Sunscreen:

Please allow sunscreen time to dry before entering the pool. This will help in chemical and pool clarity and help keep us from closing due to imbalances.

## Age Requirements:

**Children under the age of 16 must be directly supervised by an adult 18 years and older.**

Children are allowed in the pool during designated time periods, so please review the pool schedule.

**CHILDREN UNDER 5 YEARS OLD AND NOT POTTY TRAINED:** are required to wear plastic pants in addition to swim diapers. Swim diapers are not required. They are available for purchase at the front desk. PLEASE SEE GUEST POLICIES & AGE REQUIREMENTS ON OUR WEB SITE.

## Running & Diving:

Running on the pool deck and/or diving in to the pool is not allowed. Diving is only allowed in the 9 feet and when supervised by a swim coach or instructor.

## Lane Dividers & Starting Blocks

Please do not sit hang or pull on any lane dividers, safety ropes or diving blocks. Starting blocks should only be used by the swim team. At no time will there be jumping or climbing on the blocks.

## Deep End Swimming:

For small children wishing to swim in the deep end well, there will be a guard initiated swim test: Swim from the wall to wall and back and tread water for 30 seconds. Absolutely no flotation devices are allowed in the deep end at all including noodles.

## Food and Drink:

Members are allowed to bring coolers to the pool, but should only eat at a designated picnic table or tabletop with an umbrella. Please refrain from eating in the chaide lounges. Dispose of trash in the trash receptacles located around the pool deck. NO GUM OR ALCOHOLIC BEVERAGES PERMITTED AT ANY TIME. No drinks are allowed by the pool edge or in the pool.

# **Pool Guidelines**

## **Dress Code:**

Please wear a well-fitted swimsuit in the pool. No oversized t-shirts, jeans, cut offs, or basketball shorts are allowed in the pool at any time. Remember we are a family facility, so please refrain from wearing low cut bikini tops, thong bottoms or excessive checky bottoms. Any time you enter the lobby please use a towel or cover up and shoes.

## **Pool Toys:**

Please do not bring oversized inflatable floats or toys to the pool. Water wings that small children wear on their arms are not permitted. Look for Coast Guard approved life vests or puddle jumpers.

No Large Water guns

No hard balls- only small splash balls are permitted (must be able to squish all water out of ball).

No Mermaid Tails

Lifeguards are permitted to ask you to remove toys and floats not permitted or being used inappropriately from the pool.

## **Pool Play:**

There is no standing on shoulders or playing "chicken"

No flips, spins or backwards jumping into the pool.

If a rule is broken, lifeguards are permitted to ask participants to sit out of the pool. If violations continue you could be asked to leave.

## **Noise Level:**

Please be considerate to those around you when talking to others or when using your cell phone. No personal radio's are permitted on deck.

## **Pool Closings:**

Sometimes it is necessary to close the pool for short periods to correct chemical imbalances for proper sanitation. Please remember that this is for your safety and protection and we apologize for any inconvenience.

In the event of thunder or lightning storms, the pools including the pool decks will be cleared of all guests and staff in the interest of safety. We cannot open the pool until there is at least 30 minutes without thunder and lightning.

# **Pool Guidelines**

## **Guest Policy:**

Only two guests per membership are allowed to visit the outdoor pool. Members under 18 may not bring guests younger than 18 years old. Please visit the Policies & Forms page on our website.

### **15 years & under:**

Must be accompanied by guardian 18 years or older or have a Temporary Guardian Waiver on file.

### **16 years & up:**

May bring in guests ages 18 & up.

### **18 years & up:**

May bring in younger siblings on a family membership with a guardian waiver form. They may also bring guests 18 years and older. They cannot bring in minors that are not on their membership.

## **INDOOR POOL**

*Between Memorial Da & Labor Day weekends the Indoor pool becomes a training & therapy pool. There is no recreational swim allowed.*

## **Physical Therapy:**

Has priority to use first lane closest to door with the stairs in the indoor pool.

## **Temperature:**

We strive to keep or pool between 84 -85 F.

## **Food:**

There is absolutely NO FOOD OR GUM at the indoor pool. This includes snacks for young children in strollers.

## **Birthday Parties:**

From time to time there is an Indoor Pool party scheduled on a Saturday or Sunday. Please check the online events calendar for weekly updates before coming into swim.

# **Pool Guidelines**

## **ClubWorx Pool Activities**

### **Lap Swim (Indoor Pool):**

Lap swim is available for members 16 and older as well as competitive swimmers ages 13-15 years old with a parent Present. Four lanes are available. No open recreational swim is allowed during adult lap swim. [Personal training](#), [Physical Therapy](#) and [Private Lessons](#) may be using pool during this time in the lane closest to the stairs. Please share lap lanes if necessary. Adult Only Lap Swimming ages 18 & over. One lane will be available in the outdoor pool outside of class times for lap swimming outdoors.

### **Swim School/Lessons:**

During the 5pm-7pm Swim School time Monday, Tuesday and Thursday there is no lap swimming permitted. There is no modified open swim.

### **Swim Team:**

Modified open swim is allowed during Swim Team practice in the outdoor pool as noted outside the lanes that are reserved for practice.

The Outdoor pool will be closed at 4:00pm on the following dates to accommodate TSA swim meets here at ClubWorx: June 11<sup>th</sup>, June 25<sup>th</sup>, & July 9<sup>th</sup>.

### **Masters Swim:**

Depending on the number of participants, it is up to the instructor's discretion whether lap swimmers are permitted. Lap Swimmers are generally encouraged to swim with them while they practice.

### **Group Aqua Classes:**

Group aqua class participants only (13-15 years must be with a parent). There is no lap swimming or modified open swim.

### **Family Swim:**

All spaces in yellow on the schedule indicate that a lifeguard is on duty and family swim is allowed. Please note that every 10 minutes to the hour the lifeguards will blow their whistles for adult swim. All Children must exit the pool during these 10 minutes. Children are not allowed to sit on edge with feet or arms in or swim in the indoor pool during this time.

### **Parties:**

Reservations required for recreational swim parties in the indoor pool. All ages welcome with 1 adult per 5 children and lifeguard present. Two lanes are reserves for the party and two are open for lap swimming.

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