

General Pool Rules

Pool rules are designed to ensure the safety and enjoyment of our members and their guests. Your cooperation is greatly appreciated.

- Guests must obey all pool rules and follow the directions of lifeguards and staff at all times. Guests must be at least 48" tall to ride the large slides.
- Adults may accompany small children within the play structures.
- No diving, except for designated areas at the Aquatics Center competition pool.
- No running on the pool deck.
- No dunking, sitting or standing on shoulders, rough play, or throwing objects.
- Children under the age of 10 must be accompanied by a responsible person aged 16 or older while in the facility.
- All swimmers must shower before entering the pool and wear proper swimwear.
- All children 3 years and under are required to wear both a disposable and a reusable plastic diaper at all times while in the pool.
- No outside food, drink, glass, cans, or ice chests are allowed in the Aquatics Center or CRC Natatorium.
- Portable radios, CD players, and other electronic devices may only be used with headphones.
- Facility issued water toys are the only toys and floating objects permitted in the water.
- Only Coast Guard approved lifejackets are allowed in the pools. Swimwear with built in lifejackets may be allowed on a case by case basis at the discretion of the swimming pool staff.
- Swim attire—Please bring appropriate bathing suits when visiting the center. No cotton material will be allowed in the pools (jeans, t-shirts, cut offs, etc.). Appropriateness of attire is at the discretion of staff.
- Water safety—While both facilities has a full lifeguard staff at all times, parents should keep a close eye on young children. Never leave young children unattended. Children below the age of 6 must be accompanied into the water and closely supervised by a responsible person over the age of 16 at all times.

Lap Swimming

As a lap swimmer, it is very important to realize that our pool has a limited number of lanes, and there may be two or more swimmers per lane. You may find yourself swimming with someone who swims faster or slower than you. All facility members and guests ages 13 and over are allowed to swim laps during lap time and recreational time. Children under age 13 may swim laps if accompanied by an adult.

Water Walking is allowed in the slow lane only during hours designated on the pool schedule.

Circle swimming is required when there are three (3) or more swimmers per lane. In this case, all swimmers will stay on the right-hand side of the lane. Please wait at the end of the pool until all swimmers in the lane have noticed that you will be joining the lane.

Circle Swimming

If two people are already in the lane, stand in the water at the ends of the lane and wait for the other two lap swimmers to acknowledge you. You can also ask the lifeguard(s) for assistance. When you reach the walls while swimming, check for any other swimmers who may want to join the lane.

Choosing the Appropriate Speed Lane

Each lane is designated as Slow, Medium, or Fast. Swimming in the appropriate speed lane will make your workout more enjoyable. It is the lifeguard's responsibility to match swimmers with the appropriate speed lane. For safety, the lifeguard may ask swimmers to move to different lanes to accommodate faster or slower swimmers.

People Passing

As a general rule, if you feel the person behind you is creeping up to your feet, stop at the end of the pool and let him/her pass. If you are doing the passing, please wait until you get to the end of the lane to pass.