



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wilkes Family YMCA Pool Rules

1. Swim only when lifeguard is on duty
2. Swim attire required – no cotton shirts/shorts; rash guards are permitted
3. Shower before entering the pool area
4. Walk at all times on the pool deck
5. Refrain from horseplay (dunking, climbing, pushing, etc.)
6. Breath holding activities are prohibited
7. Pool entries
 - Standing forward jumps permitted from gutter edge or dive blocks
 - Diving permitted only from deep end gutter or dive blocks
 - Water park—No jumping or diving.
8. Flotation
 - Inflatable flotation devices are not allowed
 - The Y provides PFD's (life jackets) for non-swimmers
9. Soft, water-toys are acceptable pending lifeguard approval
10. Ask lifeguard for permission to use dive blocks
11. Food and drink
 - Allowed only in Water park seating areas
 - Water bottles are allowed in the indoor pool area
 - No gum or tobacco products
 - Glass containers are prohibited
12. Please keep deck area clear of obstructions
 - Chairs and lounges must be 6 feet from the pool edge
 - Tables should not be moved without permission from lifeguards
13. Pets are prohibited unless they are a service animal
14. Children in 8th grade and below are required to be swim tested once per year and must wear a swim band at all times while using the pool facilities.
15. The spa area (steam room, sauna, hot tub) is restricted to members in 9th grade and older. This is a federal law.
16. Bandages are not permitted in the pool – if you have a cut requiring a bandage, please refrain from entering the water.
17. Circle swimming may be required during peak hours in the lap swim lanes. Please be courteous of other members who are using the facility.
18. Lifeguard decisions are final.

WILKES FAMILY YMCA

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Our Mission: "Helping people reach their God-given potential in spirit, mind and body."