



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Pool Rules & Proper Attire

Jerry Long YMCA

- Adults should not swim alone
- Children should not use the swimming pool without adult supervision
- No pets or glass containers allowed on pool deck
- Shower before entering pool
- Bathing suits and shower shoes only. Please no undergarments, thongs or street clothes
- Children 14 & under will be swim tested by the lifeguard to determine skill level & necessary parent supervision
- Circle swimming is required during peak times
- Underwater lap swimming and breath holding activities are prohibited
- Thank you for supporting our tobacco-free campus
- Please refrain from eating, drinking and chewing gum in and around the pool
- Please walk at all times
- Please refrain from playing or swinging on ladder or ramp hand rails
- For your safety, pushing, dunking, throwing and riding on shoulders is not permitted
- Starting blocks may be used during YMCA staff supervised programs only
- For your safety, diving is not permitted
- Inflatable flotation devices are prohibited. Instructional belts and life jackets are available
- Thank you for not swimming while having open sores. Please wait until cuts requiring band-aides heal before swimming as band-aides are not permitted in the water
- Our Adult locker rooms will be for ages 14+
- Our Youth locker rooms are available for those under 14.
  - Patrons over the age of 5 must use the same sex youth locker rooms.
- For your safety, our hot tub, sauna, and steam room are for patrons 16+
- Please do not wear excessive clothing such as rubber suits, wool hats, sweat clothes, etc. in the hot tub, sauna or steam room. Proper attire consists of a bathing suit (or shorts and shirt in sauna or steam room). Street shoes are not permitted. Patrons may go barefoot or wear shower shoes
- The lifeguard has final say over any situation

### JERRY LONG FAMILY YMCA

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