



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wenatchee Valley YMCA Pool Rules:

- Pool use is permitted only under the supervision of a YMCA lifeguard.
- A full soap shower is required before entering the pool.
- Persons with open wounds, communicable diseases or infections (including vomiting or diarrhea within the last 14 days) are not permitted in the pool.
- Food, gum or beverages other than water are not permitted in the pool area.
- Swimming under the influence of alcohol or recreational drugs is prohibited.
- Please walk on deck at all times.
- Dunking and rough play are not permitted in the pool at any time.
- Only feet first, forward jumping and ladder entries are allowed in the pool.
- Clean swim trunks or bathing suits are appropriate pool attire. Bathing suits must be modest, stay in place, and should not reveal inappropriate/private areas of the body. No thongs nor string bikinis. Water shoes are recommended. Jeans, sweat pant material, and unhemmed shorts are not permitted.
- Swim goggles are permitted.
- Snorkels, masks, fins, kickboards, water dumbbells and water belts are only permitted during adult programs and structured class times.
- Pool noodles may be used at any time with the permission of the lifeguard(s).
- Toys provided by the YMCA are permitted at the discretion of the lifeguard. Participants are not allowed to bring their own toys.
- Inflatable devices are not allowed in the pool unless in a structured class, without prior approval from the Aquatics Coordinator.
- Coast guard approved life jackets may be worn in the pool when within arm's reach of an adult at all times. The YMCA may have a life jacket that fits your child; participants are encouraged to bring their own.
- Based on the Y's commitment to safety, youth participation may be restricted based on age, skill, and/or height. The Y reserves the right to deny participation, even in the designated shallow area, to unaccompanied youth participants who not meet pool specific minimum skill or height requirements.
- Swim diapers or tight fitting protective covering for all diapers and preventative under-garments are required prevent leakage for all ages. Diapers must be changed in locker rooms.
- Children five years and older must use the appropriate male or female locker rooms. A family friendly dressing room is available.
- Age Requirements:

- Children 3 months through pre-kindergarten must have an adult family member (18 or older) in the water with them at all times. Lifeguards may require the adult to stay within arms' reach based upon a child's ability regardless of pool depth.
- School aged children may participate in youth swim programs without an adult or during family swims with adult family member (18 or older).
- Youth 11-15 years of age may participate in adult programs if they are under the direct and constant supervision of an adult family member (18 or older).
- Youth who satisfactorily complete the UPLIFT Program may participate in adult programs without adult supervision. (Youth under 13 will be required to pass a swim test.)
- All participants under 13 years of age must pass a swim test to move past the designated shallow end of the pool. These swimmers will be given a green bracelet to wear on their wrist. All non-swimmers under 13 years of age will be given a red bracelet to wear on their wrist. All bracelets must be returned at the end of the swim.
- Only adult family members (18 or older) are permitted in the pool area during youth only programs.
- Adults may not participate in youth or teen-only swim times.
- During family swim times, an adult family member (18 or older) must participate in the water with children.
- During family swim times, an adult family member may take one of their non-swimmers out of the designated shallow area provided that continuous physical contact is maintained and they are not leaving a non swimmer child 3 months through pre-kindergarten unattended in the designated shallow end. This includes children in life jackets for both shallow and deep area.
- Lap Lanes
 - Lap lanes are for lap swimmers or YMCA swim classes only.
 - Swimmers may not hang, sit or lay on the lane lines.
 - Lap lanes with three or more swimmers must circle swim.
- Prolonged submersion or breath holding is not permitted.
- Participants and observers are not allowed in designated lifeguard areas. Lifeguard's designated areas may change due to pool activities. Participants and observers are expected to move quickly when blocking the lifeguard(s) zone coverage.
- Parents and observers not participating in aquatic programs are asked to stay in the seating areas.
- Photography is allowed with permission of the lifeguard.
- For the privacy of Y members and guests, cell phones or any other device capable of taking pictures or recordings are not to be used in the locker rooms or restrooms. Please report suspicious behavior to Y staff.
- The pool is subject to change at any time. Incidents involving possible fecal matter may require a short term closure for shock treatment. The lifeguards on duty have sole desertion of closure time due to pool incidents.
- For the safety of all, the maximum participants in YMCA pool is 24 swimmers. After the first 24 people arrive, member(s) may wait their turn until space is available within pool capacity. Lifeguards may request participants who have been in the pool beyond thirty minutes to leave early allowing new participants time in the pool.