

Pool Regulations

You must wear a swimsuit in our pools.

No basketball shorts, tee shirts or street clothes

Rest Period:

Every hour on the hour from 12:00 pm to 4:00 pm, there is a 10 minute rest period. Both pools will be cleared except for ADULT (17 years of age and older) lap swimmers and adults with infants under one year of age

Hot Tub, Dry Sauna & Steam Room Rules:

1. You must wear proper swim wear in the hot tub, steam room, and sauna. No long sleeves or pants.
2. You must shower before entering.
3. You must be at least 17 years old.
4. Electrical or battery operated equipment may be damaged by hot temperatures.
5. No spitting or release of bodily fluids allowed. Violators will be asked to leave.
6. No shaving or pumice stones allowed.
7. Be cautioned that long exposure to these high temperatures may cause fatigue, dizziness, shortness of breath and nausea. Please do not spend more than 15 minutes in hot tub.
8. If you are pregnant or have a heart condition, please consult your physician before using the hot tub.
9. **Do not** pour water in the sauna, as it will damage the heating element.
10. No public displays of affection allowed in facility.

PARENTAL SUPERVISORY RULE:

- Children ages 6 and under must be accompanied within arms' reach by a parent or guardian age 16 years or up when in the pool. (No exceptions.)
- Children 7 years of age need to have supervision by a parent or guardian aged 16 years or up from the pool deck.
- Adult to child under age 6 ratio not to exceed 1 adult to 3 children.