

POOL RULES

OPEN SWIM

Members: Free • Non-Members: 8yrs. & older: \$5 • 7yrs. & under: \$3

LAP SWIM

Members: Free • Non-Members: \$5

NIEBUR (ESIC) & MEYER CENTER POOL RULES

POOL RULES ARE POSTED AT EACH POOL AND ENFORCED BY THE LIFEGUARD STAFF.

We ask that you follow these rules and guidance for your safety and the safety of others. Pool set up and lane configuration may change at our discretion depending on class enrollment levels and number of swimmers present. Our staff wants to ensure the safety of everyone in the water.

- **All swimmers must check in at the service desk and get a wristband to swim.**
- All swimmers are required to shower before swimming.
- Proper swim suit must be worn by anyone entering the pool.
- Swim diapers are required for those who use diapers.
- **The following are not allowed:** jeans, jean shorts or basketball style shorts.

LAP SWIM: Members and Non-Members age 10 years and older, who can swim down and back the length of the pool. If you are under the age of 10 you must have the aquatic director's approval to lap swim.

ADULT LAP SWIM: 18 and over, please follow lap swim rules.

OPEN SWIM: Members and Non-Members:

- Children 7 & under must be accompanied in the water by an adult within arm's reach at all times.
- Children 8-12 who pass the swim test can be in the pool without direct adult supervision. However, an adult must remain in the facility. Those children 8-12 who do not pass the swim test must be accompanied in the water by an adult at all times.
- Children of any age wearing a floatation device must be accompanied in the water by an adult within arm's reach at all times.

SWIM LESSONS & CAMPS : Children 7 and under must have an adult in the pool area while the child is taking swimming lessons.
Children ages 8 - 12 must have an adult in the facility while the child is in swim lessons.

AN ADULT IS A PARENT/GUARDIAN OR AN AUTHORIZED CHILD CARE PROVIDER WHO IS 16 YEARS OR OLDER.

SWIM TEST: All swimmers ages 8 - 12 must pass the swim test before they can be in the YMCA pool area without direct supervision. **Ages 7 & under who pass the swim test must be accompanied in the water by an adult at all times.**

The swim test is a 25-yard swim during which youth are asked to achieve the following:

1. Jump into the deep end of the pool and submerge fully, return to the surface and immediately begin swimming without pushing off the wall.
2. Swim in a horizontal position on top of the water using a forward crawl or breaststroke. The swimmer's arms must achieve full extension on every stroke and he/she may not grab the wall or touch the bottom of the pool.
3. Exit the pool without assistance using either the wall or pool ladder.
4. After passing the swim test you will be issued a band.

MEYER POOL: Edwardsville YMCA members may only bring guests during "Open Swim" hours. This excludes "Members Only" times.

POOL SCHEDULE: To get an updated pool schedule, please see the service desk at either center or go online at edwardsvilleyymca.com to get an updated pool schedule.

WEATHER POLICY: Pool will be closed due to thunder and lightning.