

POOL RULES

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

The lifeguard on duty is to ensure the safety and enjoyment of all. Please respect their decisions. We ask that you follow these rules and guidance for your safety and the safety of others.

- **All swimmers must check in at the front desk and get a wrist band to swim.**
- For safety purposes, please be certain to shower before swimming.
- Proper swim suit must be worn by anyone entering the pool.
- Please wear modest swimwear.
- If clothing in addition to a swimsuit is required, a shower must be taken in the clothes prior to entering the pool.
- **The following are not allowed:** jeans, jean shorts or basketball style shorts.
- Swim diapers are required for those who use diapers.
- To help prevent the spread of infection, individuals with open sores are not permitted to use the pool.
- Instruction or training by anyone other than YMCA staff members is strictly prohibited.

LAP SWIM:

Members age 10 years and older, who can swim down and back the length of the pool. If you are under the age of 13, you must lap swim in a lane with a parent.

OPEN SWIM, SWIM LESSONS & CAMPS: Members and Non-Members:

- **Ages 7 & under must be accompanied in the water by an adult at all times, within arms reach. An adult is parent guardian (18 years or older) or an authorized child care provider (who is 16 years or older).**
- **Ages 8-12 may participate in open swim, after passing swim test. Parent/guardian must remain in the facility.**

SWIM TEST:

For children's safety, a swim test is required to swim without adult supervision.

All swimmers ages 8-12 must pass the swim test before they can be in the pool area without direct supervision. Ages 7 & under whom pass the swim test must be accompanied in the water by an adult at all times. Ages 13 years and up may swim independently.

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

1. Jump into the deep end and submerge fully, return to the surface and immediately begin to swim without pushing off the wall.
2. Swim in a horizontal position on top of the water using a forward crawl or breast stroke. 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.
 - Please keep the pool area free from glass, food or chewing gum.
 - Breath-holding activities, including long periods of underwater swimming are not permitted.

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 and deck must be cleared and closed for 30 minutes after the last evidence of lightning and thunder is present.

SWIM LESSONS:

Children ages 7 and under must have a parent or guardian in the pool area while the child is taking swimming lessons. Children 8-12 must have a parent or guardian in the facility while the child is in swim lessons.

MEYER POOL:

Edwardsville YMCA members may only bring guests during "Open Swim" hours.

This excludes "Members Only" times.