

POOL RULES

- Swimmers may not enter the water when a lifeguard is not on duty
- Children under the age of 6, or children using flotation devices, must have an adult (18+) within arm's reach at all times
- Children under 9 must have an adult with them at all times
- Children who are not potty-trained are required to wear swim diapers when in the water—regular diapers are prohibited
- Only flotation devices classified as “Coast Guard Approved” are allowed for use
- No running on the pool deck
- No diving in any area under twelve feet
- No glass or other sharp/breakable items on the pool deck
- No flips off of the side at any time
- No backwards-entry dives are permitted—no exceptions
- No person may climb/sit/stand/perch on any other person's shoulders
- No person may dunk or hold another person under water
- Toys are permitted, but will not be provided by the JCC
- Kick boards are to be used only for lap swimming and swimming lessons
- Water fitness equipment is for water fitness activities only—no exceptions
- Members may only swim in appropriate swim clothes
- Diving blocks are for official swim lesson and team use only
- No swimmer shall swim over, rest on, or hang on any lane line or safety rope
- Guests are not permitted to swim down to any drain/drain covering
- All incidents regarding bodily fluids must immediately be reported to a lifeguard/supervisor
- Anyone under 15 must pass a deep-water test to use slides or diving boards

DIVING BOARD

- Guests are allowed one bounce
- One person on the board at a time (including stairs)
- Once the previous jumper has reached the wall, the next person may jump
- Users must jump straight off of the end of the board and swim to the wall unassisted
- No person may catch another person off of the diving board
- Front dives and front flips from a front-facing position are permitted
- No person may wear a flotation device on the diving board at any time
- No person may move a diving board fulcrum at any time
- Users may only use diving board if they can pass the deep-end test and swim from the end of the slide to the wall unassisted

LAP LANES

- For lap swimming only
- As long as swimmers are doing productive laps, they may continue use in the lane, regardless of age or equipment use
- Members will be expected to share lanes during prime hours
- Circle swim required for lanes with 2+ people
 - If you are unsure of what this is, ask an aquatics staff member
- Swimmers are responsible for knowing lane schedule