

REDLANDS Y OUTDOOR/ INDOOR POOL RULES

Questions? Contact:
Roshelle Ogden - Aquatics Director
909-798-9622 ext 7114

OUTDOOR POOL RULES

In addition to the YMCA Aquatics Policy, please note the following outdoor pool rules:

- Parents, must supervise children at all times.
- The frog slide is for children, 5 and under.
- Remember, feet first on the frog slide for safety.
- No food or drink outside on the pool deck.
- Shower before entering the pool.
- For your safety, no diving is permitted.
- To respect others, please refrain from playing music.
- Pool noodles, kick boards, and toys are not permitted in the outdoor pool.

Please limit your open swim time to 45 minutes, so that all members may access our pools



LAP POOL SAFETY RULES

- Three or more swimmers per lane **MUST** circle swim. Two swimmers per lane **MAY** agree to split the lane.
- Use of fins, hand paddles or other equipment **MAY** be allowed provided it does not interfere with other swimmers.
- Swimmers **MUST** continuously swim the length of the pool. Stopping, other than at the ends is **NOT** allowed.



Updated:

6/12/21



YMCA OF THE EAST VALLEY

Important Aquatics Information

Redlands Family YMCA
500 East Citrus Ave
Redlands, CA 92373
909-798-9622
www.ymcaeastvalley.org

POOL SAFETY RULES

- Walk on deck. No running or jumping.
- Head to toe showers are recommended for all before entering pool. If head is going to stay dry, then a shoulder to toe shower is required.
- Please use locker rooms to change your child's swimsuit.
- Children 2 and under and/or not potty trained must wear a non-disposable swim diaper in the pools.
- Please No food, drink, gum, baby bottles, glass bottles, soap, or razors in pool area.
- Bathing suits should be worn. No cutoffs or long pants below the knees.
- Spitting, blowing of the nose or discharge of bodily waste in the pool is prohibited.
- Parents or Guardians are responsible for supervising their children.
- All non-swimmers are requested to wear Coast Guard Approved personal floatation devices (PFD's). A responsible adult (18+) must be in the water with in an arm's length away.
- Children under the age of 6 years old must be supervised at all times by an adult who is in the water with in an arm's length away.
- Children 6-11 may access the pool facilities during designated hours as long as they have a supervising adult on the pool deck.
- Children 12-14 years old must be supervised by an adult during water exercise and lap swim.
- Children 12-14 years and up can use the pools during open swim times without adult supervision; an adult must be in the facility.
- Children 15 years and up have full use of both pools.
- Breath holding activities are prohibited.
- Please do not hang on the lane lines or life line.
- Please do not use water wings (or other inflatable devices), floating toys or diving rings.
- No flips, spins, leaning back jumps into the pool.

POOL DEFINITIONS

- **Adaptive Aquatics:** This time is reserved for the special needs class at Redlands High School to come and enjoy the pool.
- **Open Swim:** Pool is open for free time. There are no organized activities. Private swim lessons may also be in at this time.
- **Water Aerobics Classes:** During this time the teaching pool is reserved for our group Water Aerobics classes only.
 - **Gentle Joints:** A low to moderate specialized water exercise program designed for individuals with arthritis and joint replacements. Learn a series of exercises to help relieve pain and stiffness, increase and maintain range of motion, and increase muscular strength and endurance.
 - **Power Plunge:** A mid to high intensity class focusing on cardiovascular conditioning and muscle toning.
- **Water Walking:** Designated time for uninstructed water walking or water exercise in the teaching pool.
- **Swim Lessons:** Swim Lessons are taught by YMCA staff to members of all ages and skill levels. See program flyer for more information.
- The decision of the lifeguard will be final. Lifeguards have the authority to remove those who do not follow the safety rules.
- Schedules are subject to change. Daily changes without notice are possible, although we will make every effort to inform members.