



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.
- All attending the pool, including parents that are supervising (children and adults) must have a Family Membership. A Youth Membership does not give you access to the pool.

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.

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.