

## **Pool Guidelines**

*Please keep an eye on your children. The lifeguards are required to keep a constant watch on the water and are not there to discipline children.*

### **Showering**

State law requires that individuals must shower prior to entering the pool. Showers are located by the lifeguard entrance at the outdoor pool or you may rinse in the lockers rooms prior to entering the indoor pool.

### **Age Requirements**

Children under the age of 16 must be directly supervised by an adult 21 years and older. Children are allowed in the pool during designated time periods, so please review the pool schedule. Children under 5 years old and not potty trained need to wear plastic pants in addition to swim diapers. They are available for purchase at the front desk. PLEASE SEE GUEST POLICIES & AGE REQUIREMENTS ON OUR WEB SITE.

### **Running & Diving**

Running on the pool deck and/or diving into the pool is not allowed.

### **Lane Dividers & Starting Blocks**

Please do not sit, hang on or pull on any lane dividers or safety ropes. Starting blocks should only be used by the swim team. At no time will there be jumping or climbing on the blocks.

### **Food & Drink**

Members are allowed to bring coolers to the pool, but should only eat at a designated picnic table or tabletop with an umbrella. Please refrain from eating on the chaise lounges and dispose of trash in the trash receptacles. NO GUM OR ALCOHOLIC BEVERAGES PERMITTED AT ANY TIME.

### **Dress Code**

Please wear a well-fitting swimsuit in the pool. No oversized t-shirts, jeans or cut offs are allowed in the pool at any time. Remember we are a family facility, so please refrain from wearing low cut bikini tops or thongs for bottoms. Any time you enter the lobby please use a towel or cover-up.

### **Pool Toys**

Please do not bring inflatable floats or toys that are larger than your child into the pool.

### **Noise Level**

Please be considerate to those around you when talking to others or when using your cell phone.

### **Pool Closings:**

Sometimes it is necessary to close the pool for short periods to correct chemical imbalances for proper sanitation. Please remember that this is for your safety and protection and we apologize for any inconvenience.

In the event of thunder or lightning storm, the pool including the pool deck will be cleared of all guests and staff in the interest of safety. We cannot open the pool until there is at least 30 minutes without thunder or lightning.

### **Guest Policies:**

Only two guests per membership are allowed to visit the outdoor pool.

## INDOOR POOL

### **Physical Therapy:**

Has priority to use first lane closest to door with the stairs in the indoor pool.

### **Temperature:**

We strive to keep our pool between 84° - 85° F.

### **Food:**

There is absolutely NO FOOD OR GUM at the indoor pool. This includes snacks for young children in strollers.

## ClubWorx Pool Activities

### **Adult Lap Swim (Indoor Pool):**

Lap swim is available for members 16 and older as well as competitive swimmers ages 13-15 years old with a parent present. Four lanes are available. No open recreational swim is allowed during adult lap swim. *Personal Training and/or Physical Therapy may be using pool during this time in the lane closest to the stairs.* Please share lap lanes if necessary.

### **Swim Lessons:**

During the 5pm swim lessons the two middle lanes will be reserved for lap swimming in the indoor pool. During the 6pm lessons, it is up to the instructor's discretion whether lap swimmers are permitted. No lanes will be available in the outdoor pool during the morning sessions. There is no modified open swim during this time.

### **Swim Team:**

During swim team practices four (4) lanes will be reserved in the outdoor pool for team practice from 5:00-6:45pm. Lap swim or family/recreations swim is permitted during those times in the remainder of the pool. Please be courteous of the swim team's space and do not travel into their lanes.

### **Swim Meets:**

The outdoor pool will be closed at 4:30pm on the following dates to accommodate TSA swim meets here at ClubWorx: June 18, July 2 and July 16.

### **Masters Swim:**

Depending on the number of participants, it is up to the instructor's discretion whether lap swimmers are permitted. Lap swimmers are generally encouraged to swim with them while they practice.

### **Group Aqua Classes:**

Group aqua class participants only (13-15 years old must be with a parent). No lap lanes open. No modified open swim is allowed during group aqua classes.

**Family Swim:**

All spaces in yellow indicated that a lifeguard is on duty and family swim is allowed. Please note that every 10 minutes to the hour the lifeguards will blow their whistles for adult swim. All children (even infants in parent's arms) must exit the pool during these 10 minutes. Children are not allowed to swim in the indoor pool during this time.

**Parties:**

Parties are held in the Indoor Pool only & reservations are required. All ages welcome with 1 adult per 5 children and lifeguard present. Two lanes are reserved for the pool party & two lanes are available for modified open/lap swim.