

# While You're POOLSIDE

**Walk, please.**  
No running or horseplay.



**No diving.**  
Enter the water  
feet first.

**All non-swimmers** are not  
permitted in the deep end.

**YMCA lifeguards** may test  
anyone's swimming competency.

**Breath-holding activities**  
are not permitted.



**Nose-covering masks**  
are not permitted.  
Snorkels and fins  
only allowed for  
lap swimmers.



**Children requiring assistance**  
or a flotation device must be  
within arms reach of an adult.

**Swimmers ages 15 & under**  
who want to swim in the deep  
end must pass a swim test.



**Active adult supervision**  
required for:

**AGES**  
**0-5**

**within**  
**arms reach**

**AGES**  
**6-9**

**in the**  
**pool area**

**CARING ★ HONESTY ★ RESPECT ★ RESPONSIBILITY**