

Aquatic Center Rules and Pool Schedules

Entry Fee: *Members—FREE **NonMembers—\$3 each

***members must drop id badge at front desk prior to entering aquatics center.**

****nonmembers must purchase a wrist band at the front desk and wear the wrist band at all times in the aquatics center.**

Rabb Family Natatorium Rules

1. All persons using the pool must shower before entering.
2. Children ages 0 - 4 MUST be in arms reach of their parent or guardian at all times (age 18 or older) and be actively supervised by that guardian.
3. Children ages 5 - 8 may be in the pool without a parent after successfully passing a swim test. However, parent/legal guardian (18 yrs +) must remain in the Aquatics Center.
4. Children ages 9 - 13 may be in the pool area without a parent or legal guardian after passing a swim test. However parent / legal guardian 18 years and older must remain at the branch.
5. Children who have passed the swim test must wear their Swim Test Band each time they come swimming at this facility. If band is forgotten or lost, another band may be purchased.
6. No running, diving, dunking, pushing or horseplay of any kind.
7. No hanging on ropes or lap lanes.
8. Designated Lap lanes are for lap swimmers only.
9. No food, drink or gum in the pool area.
10. No persons with open sores, head lice, chicken pox or any other infectious disease or transmittable virus shall enter the pool. Band-aids must be removed before entering the pool.
11. Only appropriate swim wear is allowed in the pool. Exposed swim wear is not permitted outside the Aquatics Center.
12. No cotton clothing may be worn in the pools.
13. Non-potty trained children must wear a SWIM diaper and LINER while in pool (available for purchase at front counter)
14. Lifejackets will be provided by the YMCA as a swimming aid for all non-swimmers.
15. No inflatable's of any kind are allowed in the Aquatics Facility. (i.e. water wings, tubes, etc.)
16. The lifeguard is responsible for enforcing all rules listed and not listed in order to keep the pool area safe.

Locker Room Policy

1. The YMCA is not responsible for personal items brought into the building.
2. The YMCA recommends that you bring a lock for your locker but the locks and belongings must be removed by the end of the day.
3. The YMCA offers family changing rooms for those with disabilities as well as children who are old enough to use the gender appropriate locker rooms, but still need assistance. Children over the age of 5 must use gender appropriate locker rooms.
4. Cell phones are not allowed in the locker rooms.



Hot Tub / Dry Sauna Hours

Monday—Friday 5am—9pm

Saturday 6:30am—6:30pm

Sunday 1pm—9pm

Dry Sauna Guidelines

1. Maximum Usage: 20 minutes per day.
2. Patrons using the sauna must be at least 18 years of age.
3. Proper swim attire is required to enter sauna.
4. Do not pour water on the heating elements and do not bring paper items in the sauna.

Hot Tub Guidelines

1. Maximum usage: 10 minutes per hour.
2. Doctor's consent recommended for the following conditions: Persons with high/low blood pressure, diabetes, heart conditions, respiratory problems, epilepsy or seizure disorders, or women who are pregnant.
3. Do not use hot tub if under the influence of alcohol, narcotics, or other drugs that may cause drowsiness or raise/lower blood pressure.
4. Children under the age of 13 are not permitted to use the hot tub.
5. Do not use the hot tub if water temperature exceeds 104 degrees Fahrenheit.
6. Do not submerge to bottom due to risk of entrapment and/or ear infections.
7. Persons with skin, ear, genital or other body infections, open sores or wounds should not use the spa or hot tub because of the possibility of spreading infection.
8. Be advised that the hot tub is drained and cleaned regularly; therefore it may not be available at all times.
9. Failure to follow these rules can result in serious injury or death.

The Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Financial Assistance is available to individuals and families who substantiate a need.

Family Fun Pool

Monday—Friday 11am—8pm
 Saturday 11am—6:30pm
 Sunday 1pm—8pm

Slide Hours: Summer Season

Monday—Friday 11am—8pm
 Saturday 11am—6:30pm
 Sunday 1pm—8pm

School Year Season

Monday—Friday 4pm—8pm
 Saturday 11am—6:30pm
 Sunday 1pm—8pm



Warm Water Therapy Pool

The Warm Water Therapy Pool will remain CLOSED to pool patrons at all times except during designated class times.

Open Therapy times available for an additional fee.

Lap Pool

Monday—Friday 5am—9pm
 Saturday 6:30am—6:30pm
 Sunday 1pm—9pm

Lap Lane Policy

1. Maximum of 5 participants per lane.
2. Participants must be actively swimming laps to remain in the lap lanes.
3. Circle swimming is not optional when others are waiting. This is performed when each swimmer stays to his/her right of the black line, swimming counter-clockwise.
4. The lifeguards are instructed to make changes when necessary as a courtesy; they have final say in directing traffic.

SWMMING POOL DISTANCES:

Pool is 25 yards long
 1 Mile = 5,280 Feet = 1760 Yards
 35½ Laps = 1 Mile = 1,760 Yards

Inclement Weather Policy

Aquatics Center Weather Policy: The Aquatics Center Will close for 30 Minutes following thunder and/or lightening. All patrons must exit the Aquatics Center during this time until the storm passes. Patrons are welcome to wait in the lobby or the Aquatics hallway.

Swim Lessons Weather Policy: Swim Lessons will only be canceled 30 minutes prior to the class beginning. Please contact the Aquatics Swim Shop and Lesson Check-In Center @ 615-5510 for updates on cancellations due to inclement weather.



of Available Lap Swim Lanes

Time	Monday/ Wednesday	Tuesday/ Thursday	Friday	Saturday	Sunday
5:00	8	8	8		
5:30	3	3	3		
6:00	3	3	3		
6:30	0	0	0	8	
7:00	0	0	0	8	
7:30	0	0	0	8	
8:00	0	0	0	3	
8:30	8	8	8	2	
9:00	8	8	8	6	
9:30	3	3	3	6	
10:00	3	1	3	6	
10:30	3	1	3	6	
11:00	8	8	8	6	
11:30	8	8	8	6	
NOON	8	8	8	4	
12:30	8	8	8	4	
1:00	8	8	8	4	4
1:30	8	8	8	4	4
2:00	8	8	8	3	4
2:30	8	7	8	2	4
3:00	8	7	8	2	4
3:30	8	8	8	4	4
4:00	4	4	4	4	4
4:30	1	1	4	4	4
5:00	1	1	4	4	4
5:30	1	1	4	4	4
6:00	2	2	4	4	4
6:30	2	2	4	4	4
7:00	2	2	4		8
7:30	2	2	4		8
8:00	8	8	8		8
8:30	8	8	8		8
9:00	Facility Closed				Closed