



Welcome to the Gateway YWCA Aquatics Center, we take pride in providing a safe, healthy, and well-supervised pool facility for all of our pool users. When using our facility, please keep the following rules in mind.

## **RULES OF THE AQUATICS FACILITY**

Shower before entering pool, must be visibly wet

No running on deck

No Horseplay in the pool

No jumping or diving from the sides of the pool

Swimmers may bring toys, no super soakers or inflatable devices

Water Exercise Equipment is Reserved for Fitness Class and Adults Only  
this includes flippers, buoys, etc

All Children under 13 must be Swim Tested to ensure safety

Lifejackets/ Puddle Jumpers are available for non-swimmers

No glass containers on the pool deck

No food or beverages on the pool deck

Person with open sores are not permitted in the pool.

Appropriate swim wear required. Bathing Suits ONLY

**LIFEGUARDS ARE AT THE POOL FOR THE SAFETY OF ALL SWIMMERS. PLEASE FOLLOW THEIR INSTRUCTIONS**

If you see something you believe needs attention please let one of our Aquatics Staff know.

Thank you

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## Swim Test Guidelines

**All young swimmers must be Swim Tested by an Aquatics Staff member**

### Green Level Swimmers:

Can swim unassisted 25 meters/ yards ( any stroke ) without stopping **AND** tread water for 30 seconds **AND** float for 30 seconds. Green Level Swimmers may swim in any depth of water

Children 8 and older, may be signed in by a parent or guardian as long as the parent/guardian remains in the YWCA.

### Yellow Level Swimmers:

Any child that is unable to pass the green level swim test must remain in water that is no greater than chest deep

Children between the ages 3-12 are permitted to be in chest deep or shallower water without an adult as long as the parent remains on the pool deck supervising the swimmer. Aquatics staff will point out areas of the pool(s) where the yellow level swimmer is permitted

### Red Level Swimmers:

All children under the age 3 and non swimmers not tall enough for the yellow level zones must remain in the zero depth/ water play section of the pool or within arms reach of an adult at all times.

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