



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

TWIN RIVERS YMCA POOL RULES

1. Bathing suits required
2. If your child is not Potty-trained, "swim diapers" or rubber pants are required. Diapers are not allowed according to NC Swimming Code.
3. Shower before entering the pool.
4. Guest may only swim when accompanied by a member.
5. Walk at all times.
6. Swimming allowed only when a lifeguard is on duty. Follow the lifeguard's instructions.
7. Children under 12 are not permitted in the pool without a parent or guardian.
8. Kick boards, Water Weights and Swim belts are for laps and Adult use only.
9. Underwater lap swimming and breath holding contests are prohibited.
10. For your safety, diving, pushing, dunking, throwing, horseplay, splashing and riding on shoulders is not permitted.
11. For your safety please refrain from playing or swinging on ladder or stair hand rails.
12. Please keep all food and drink away from pool .
13. No chewing gum in pool area.
14. Lap swimmers must circle swim when there are more than 2 lap swimmers in the lap lanes. Lap lanes are not used for free swim.
15. Profanity, arguing, or abusive language of any kind will not be tolerated.
16. No person under the influence of alcohol or drugs is allowed to use the pool.
17. For your safety and the safety of others no outside floatation devices or pool toys may be brought to the pool. Individual floatation Device and pool toys are available for use at the pool.



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WELLNESS INFO