LAP SWIM

Lap swim is open to YMCA members 16 years and up* who are capable of and continuously swim from one end of the pool to the other.

- Swimmers need to swim in the appropriate lane speed when all six lanes are available.
- Lap swimmers need to share lanes and circle swim is required with 4 or more swimmers.
- Swimmers may use appropriate equipment during lap swim as long as it does not interfere with flow of lane traffic.
- Exercisers must remain in the slow-speed lane, if space allows.
- Diving practice is not allowed during lap swim.

* Youth ages 10–15 who can consistently swim laps may do so as long other adults are not waiting to lap swim and at the lifeguard’s discretion.

FAMILY SWIM

Family Swim is open swim time in the pool that is available for members who wish to participate in non-lap swim activities, as well as to relax and enjoy our pool. It is a great time to work out independently or have family time to play together in the pool. Children under 10 must be accompanied by an adult.

- All children under the age of 6 years old must have an adult in the water with them.
- Parents and members not in Swim Attire must stay away from the edge of the pool at all times.
- NSYMCA pool equipment is not allowed for use during family swim except round noodles, life jackets and float belts. Float belts can only be used if a parent stays within arm’s length of the child.
- Deep Water Testing will be required to determine if a swimmer can swim in the deep end or requires life jacket. Child must be able to comfortably swim the length (25 yards) of the pool without aid of flotation device or help.
- All children who cannot pass the “Deep Water Test” may be required to have an adult in the water at all times.
- Lifeguard’s decision is final; Lifeguards are responsible for enforcing safety rules and keeping the pool area safe.

WHAT DOES THE WHISTLE MEAN?

ONE Short Blast: The lifeguard needs your attention.
TWO Short Blasts: A lifeguard is getting the attention of another lifeguard.
THREE Short Blasts: Swim time is over.
ONE long Blast: Pool is being closed for an emergency; please exit the pool.

POOL CLOSURES

YMCA staff may close the pool at any time for safety reasons, including, but not limited to pool contamination, chemical imbalance, mechanical issue, and water clarity.

All pool rules must be followed, a complete list is posted in the pool area. The NSYMCA reserves the right to alter this list or limit activities to protect its members and guests. For your safety and the safety of others, please obey all verbal instructions from the NSYMCA staff.