



Active Wellness Center at Reed's Crossing

Pool Rules and Regulations

General Pool Rules

Respect and be courteous to other swimmers, class participants, and staff at all times, and abide by the following rules.

- All participants must be willing to let others join the lane they are using and work together in a courteous and respectful manner.
- If others are waiting, please limit your time to 30 minutes.
- Appropriate and tasteful swim attire required.
- Do not hang or climb over on the lane lines as this will cause damage to the lines.
- We encourage all patrons to assist each other with the polite enforcement of these policies.
- Pool users must read and follow all posted rules.
- No swimmer with open sores, infection, or contagious diseases may use the pool.
- No spitting, urinating or defecating in the pool, gutters or on the deck.
- No glass containers allowed in the pool area.
- No diving from the pool deck.
- No flips, twists, or back diving into the pools.
- Prolonged underwater swimming or breath holding is prohibited.
- No running, pushing, horse playing or other high-risk behavior in the pool area.
- The use of foul language and/or explicit behavior or excessive noise offensive to others will not be tolerated.
- If you use any pool equipment, please put return the items to the proper storage area when exiting the pool.
- Kickboards, pull-buoys, and aqua-jogging belts are not to be used as flotation devices.
- Active Wellness Center reserves the right to change these rules at any time without advanced notification.
- We encourage all patrons to assist each other with the polite enforcement of these policies.
- Please feel free to contact an Active Wellness Center employee if assistance is needed.
- Failure to comply with all rules may result in a loss of access to the pool area or the club.



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Family Swim Rules & Information

Respect and be courteous to other swimmers, class participants, and staff at all times, and abide by the following rules.

Family Swim Supervision:

- Family Swim participants must use the designated family swim pools and lanes, per the family swim schedule. No Exceptions.
- Parents/Legal Guardians must be in the pool area supervising all children up to 18 yrs at all times, per the rules below.
- Children 6 yrs and younger, or any child unable to swim, must be within arms reach of the parent/legal guardian at all times.
- Children 7-17 yrs old, who are capable swimmers, may swim alone with a parent present at poolside.

General Family Swim Rules:

- Climbing or hanging on the lane dividers is not permitted. Lane dividers are not designed for it and may break and potentially cause serious injury.
- Rough-housing, horseplay, inappropriate language or behavior is not permitted.
- No alcohol permitted. Do not enter the pool after consuming alcohol or drugs.
- All floatation devices must be US Coast Guard Approved (no built-in flotation)
- Walk on the pool deck at all times.
- Children 3 yrs & under, or children not fully potty-trained, must wear a swim diaper. Please use special swimming diapers only. Diapers must fit snugly on legs and waist.
- No Active Wellness Center aqua class equipment can be used during family swim (i.e. noodles, pull bouy dumbbells, plastic bells). Only designated balls or floats can be used.
- Use provided basketballs only, no other balls or throwing of objects allowed.
- No jumping or diving into the pool.
- No diaper changing on the pool deck.
- Assist all children to the bathroom at all times.
- Please abide by all "General Pool Rules" including these "Family Swim Rules"
- Active Wellness Center reserves the right to change these rules at any time without advanced notification.
- We encourage all patrons to assist each other with the polite enforcement of these policies.
- Please feel free to contact an employee if any assistance is needed.
- Failure to comply with all rules may result in a loss of access to the pool area or the club.



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Pool Rules and Regulations

Pool and Locker Room Use - AGE POLICY

12 Years Old and Under

- Minors twelve years and younger are allowed only in designated areas, during designated hours of operation, and either with their legal guardian or with Active Wellness Center staff supervision. Legal guardian, or pre-authorized adult, is required to remain on site at all times, unless minor is participating in a staff-supervised minor program. (see minor agreement requirement below)
- Legal guardian must complete a standard waiver on behalf of each minor.
- If a legal guardian would like to authorize another adult (grandparent, aunt, etc.) to bring their child to the club, or pick their child up from the club, the legal guardian must complete a Minor Waiver Agreement (one time completion).
- For the safety and security of all minors, ALL WAIVERS / AGREEMENTS MUST BE COMPLETED IN PERSON BY THE LEGAL GUARDIAN IN ADVANCE OF THE VISIT OR AT THE TIME OF THE VISIT. THESE FORMS CANNOT BE COMPLETED ONLINE OR OVER THE PHONE.

Members, 13-17 Years Of Age

Outdoor Pool

- Lap swim only is allowed without adult supervision for 14+ year olds
- Must be at least 16 years old to participate in family swim, or other non-lap swim pool activities without adult supervision.
- Minors between 13-15 can participate in staff supervised aquatics programs/classes.

Indoor Pool

- Indoor pool access is only available to 13-17 year olds during supervised aquatics programs, such as swim lessons

Whirlpool

- Must be 14+ years old to use the whirlpool. Adult supervision is highly encouraged for kids ages 14-15.

Locker Rooms

- Minors under the age of 14 must be accompanied by an adult at all times while using the locker rooms.

Saunas

- Must be 14+ years old to use the sauna. Adult supervision is highly encouraged for kids ages 14 - 15.



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Pool and Locker Room Use - AGE POLICY

Non-Members, 13-17 Years Of Age

- Must have a guest liability waiver completed by a legal guardian.
- Must be accompanied by a legal guardian at all times

Staff-Supervised Programs

- All minors up through 12 years old must be checked in at the front desk by an adult over the age of 18. The minor waiver must be signed by the legal guardian in advance if the legal guardian is not the person dropping off or picking up the minor.
- Drop-off for designated, staff-supervised programs/classes, such as swim lessons and camps, is permitted only after being checked in at the front desk.
- All minors up through 12 years old must be checked in at the front desk by an adult over the age of 18. The minor waiver agreement must be signed by the legal guardian in advance if the legal guardian is not the person dropping off or picking up the minor.
- Drop-off for designated, staff-supervised programs/classes, such as swim lessons and camps, is permitted only after being checked in at the front desk.
- Drop off is available up to 15 minutes prior to the start of the program/class for ages 16-17.
- The adult dropping off a minor 0-15 years old must accompany minors through check-in and wait with the minor until the class/program starts.
- The same adult that dropped off the minor must pick up the minor at the end of the program/class. After-care is not available after a program/class ends.
- Use of the locker rooms by kids 13 and under is permitted for changing purposes only and with adult supervision only. No sauna use allowed.
- Active Wellness Center reserves the right to determine which class/programs qualify as "staff-supervised". General group fitness classes are not considered "staff-supervised".
- Active Wellness Center reserves the right to revoke the drop-off privilege for anyone, at any time.