



MIDDLESEX YMCA
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Middlesex YMCA Pool Rules

Rules:

- All Swimmers must take a full shower before entering the pool.
- All children under the age of 10 must be supervised by an adult at all times
- All unaccompanied children must take a swim test.
- No running on pool deck
- No playing on or around the stairs, ladders, or on the ramp
- No jumping in the small pool or at any place in the large pool except the deep end wall*
- *When jumping or diving in the large pool
 - Do so from the end wall only (not the sides)
 - Enter the water one at a time
 - Enter safely when the swimmer before you reaches the side wall or swims out past the flags.
- When entering Small Pool, do so from ladder, ramp or sitting and sliding in from the wall
- No food or glass in the pool area.
- No Mermaid Tails

Equipment use:

- Only Noodles, one per child, are allowed during open swim. Toys and any outside materials are not allowed.
- Additional equipment may be used during swim lessons, birthday parties, or at discretion of the lifeguard on duty only.
- Kickboards are not allowed during open swim. They are only to be used for lap swim.
- No outside toys, balls, or any outside equipment is permitted.
- No outside lifejackets are allowed unless USCG approved. USCG approved lifejackets are available for use during open swim.
- Flippers are not allowed in the small pool. They are only to be used in the large pool.