

In Effect for All Swims and Rentals

### **Red Band**

Non-swimmer 9 years and under must be accompanied by an adult 16+ **into the pool within arms reach.** <u>Use of the slide not permitted</u>

# Yellow Band

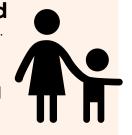
Level of swimming undetermined 7-10 years of age swim test\* required. If children choose to not do a swim test, they will be given a red band

## **Green Band**

Strong Swimmer 7-9 years of age admittance permitted unaccompanied. Successfully completed facility swim test\* <u>use of the slide</u> <u>permitted</u>.

#### Green and Red Band

Must be accompanied by an adult. Children 6 years and under who can successfully complete the facility swim test\* may swim in all areas without a lifejacket & <u>use of the slide permitted</u>.



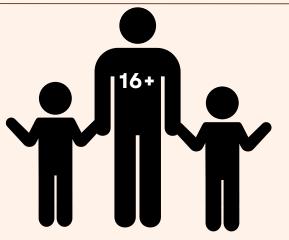
\*Facility swim test consists of swimming 2 widths of the pool continuously demonstrating comfort in the water

# **RATIO POLICY**

# Children 6 years and under

Must be accompanied by a parent or guardian 16+ **into the water**, who is responsible for their direct supervision keeping them **within arms reach**.

Maximum of 2 children per parent or guardian 16 years of age and over



# **PROGRAM DESCRIPTIONS**

## Fit Lanes

Swimmers to swim in loop-style in appropriate lane (Slow/Medium/Fast) to maximize lane usage. Children 12 and under must be accompanied by an adult. Slide & diving board not available

### **Parents and Tots**

Guardians and children swim and play in the wade pool. Use of the lap pool is at the discretion of a lifeguard. Slide & diving board not available.

## **Recreation Swims**

Open Swim for all ages! Slide & diving Board Available

#### Aqua Fitness

Float in the deep-end or stay in the shallow end! Participate in a 45 minute water workout. Follow up with 15 minutes in the swirl pool or sauna or push yourself further with laps.

### Diaper Fitness

Attention new parents! An ongoing class and fitness splash for parents or caregivers with babies from 6 months to 2 years old. Babies float and play in a safety approved baby seat while caregivers exercise. A social time for babies and a workout time for caregivers

#### Sauna Use

Sauna use is available during all posted swims with the exception of the Free Lion's Swim