



MEADOWLANDS YMCA

POOL RULES

1. Swimmers with shoulder length hair or longer must wear a swim cap.
 2. All swimmers must shower before entering the pool.
 3. Outdoor footwear and strollers are not permitted on the pool deck.
 4. Spectators must observe from the pool viewing deck.
 5. Personal flotation devices must be US Coast Guard approved, all others are prohibited.
 6. Kickboards, pull buoys, and noodles must be used respectfully. Misuse of these items may result in their confiscation.
 7. Extended breath holding and hyperventilation is strictly prohibited.
 8. Any person showing evidence of any communicable disease, sore or inflamed eyes, cold, nasal or ear discharges, or any other communicable disease shall be denied admission.
 9. Any person with excessive sunburn, open blisters, cuts or bandages shall be denied admission.
 10. Do not enter the water if you are experiencing or recovering from diarrhea or have had any signs or symptoms of a gastrointestinal (stomach) disease in the past seven days.
 11. All children in diapers must wear plastic pants with snug fitting elastic waist and leg bands. Do not wash out soiled diapers in the bathing water.
 12. Children should be encouraged to use the restroom before entering the water. Immediately report any "accidents" you should observe in the bathing waters to a lifeguard.
 13. No animals, except for service animals shall be allowed in the swimming pool, wading pool, hot tub, or spa area, dressing rooms, or other parts of the enclosure.
 14. Glass containers shall be prohibited in the pool area as well as food and drinks other than water.
 15. Conduct which endangers the safety and comfort of others shall be prohibited.
 16. The YMCA requires immediate closure of all pools in the event that lightning or thunder is visible or audible in the area. The pools will remain closed until 30 minutes past the last visible lightning strike or clap of thunder.
 17. Persons suspected of being under the influence of drugs or alcohol shall be prohibited from entering the water.
 18. Aquatics management and lifeguards will enforce any rule(s) as deemed necessary to ensure the safety of the aquatic facility for our members and guests.
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Adult Lap Swim For teens and adult members, 16 years and older, who are continuously swimming laps. Circle swim is required when there are 3 or more people in a lane.

Adult Swim For adults (18+) only. This space is for exercising and/or relaxing.

Family Swim Children 8 years and younger, and non-swimmers wearing life vests, must have an adult (18+) in the water within arm's reach at all times.

Children 9-12 years must be accompanied by an adult.

Those who are 17 years and younger will be swim tested prior to being permitted into the deep end.