

# ORCHARD HILLS INDOOR POOL RULES/LAP SWIM ETIQUETTE

Pool is open all hours club is open -see pool usage schedule.

Cleansing shower required before entry (using shower on deck).

Must share lap lanes- 2 swimmers, 2 water walkers, or 4 stationary water exercisers.

If getting into a lane with another swimmer, please alert them and determine which side you will swim on.

Circle swimming is allowed only if those in lane know how to circle and are of the same swimming ability.

Water walkers or exercisers should stay in lane one if possible.

Lap lanes are first come, first serve. No advanced sign up. Sign name on whiteboard if waiting for a lane. Please be courteous and patient while waiting for a lane.

Any members seated/standing on deck must social distance (6 ft apart).

Kickboards and water exercise equipment for adult use ONLY.

Hot Tub closed until further notice per state regulations.

## ORCHARD HILLS FAMILY SWIM RULES

Children 7 and under *MUST* be accompanied by an adult at all times at the indoor pool.

There are **NO inflatables** allowed (water wings, baby seat of any kind, etc).

There is no jumping on the stair end of the pool. Jumping is allowed on long side of pool between flags.

The only swimming assistance devices allowed for young children are progressive floats or puddle jumpers (both available for purchase at front desk) or your own life vest or jacket. **Water Wings are not allowed.**

**Children using a swimming assistance device MUST be accompanied in water by parent or parent must sit on pool edge in his/her suit.**

No Diving – pool is only 4 feet deep.

No Running on Pool Deck.

No Food allowed, covered drinks only in pool area.

All equipment (kickboards, noodles, barbells) for swim lessons ONLY.

Children are allowed in lap lanes if they are serious lap swimmers or are member of Swim Club or Swim Team.

**The lifeguard has the authority to determine what swimming assistance devices are allowed and what behaviors are safe or unsafe.**

**We appreciate your cooperation in keeping our pool a safe and enjoyable place for all.**

### Family Swim Hours:

**Mon, Fri: 4:30 – 6:00 pm.**

**Wed: 3:00-5:00 pm.**

**Saturday and Sunday 3:00-5:00 pm.**