

# POOL RULES

## NAC POOL RULES

1. No glass containers are permitted in the pool area.
2. Running, diving and climbing on pool railing are not allowed.
3. All children who are not potty trained **MUST** wear swim diapers.
4. All children ages 5 and under **MUST** be accompanied by an adult **IN THE WATER** within arms reach at all times.
5. Children ages 13 and under **MUST** be accompanied by an adult within the pool area. The supervising adult is responsible for ensuring the swimmers are following pool safety rules and policies.
6. NAC Staff members reserve the right to dismiss any swimmer behaving in an unsafe and/or disruptive manner.

## LAP POOL USAGE

1. All members are asked to politely return equipment to its appropriate location.
2. Lap swimmers are asked to use only those lanes that do not have reserved signs.
3. During peak times, lap swimmers are asked to share their lane with fellow members.

## THERAPY POOL USAGE

1. Therapy pool is restricted to therapy use and scheduled programs only. The scheduled group has preference however, members or lessons may utilize pool at other times.
2. Parents may bring their children ages 4 and under into the therapy pool if they are not hindering therapy or lessons.
3. Children ages 5-15 are **NOT** allowed to use the therapy pool except during designated family swim times. Family swim is on Friday, Saturday and Sunday from 4-10 pm.