



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Lap Swim & Family Swim Rules

- Lap swim is open to YMCA members 14 years and up who are capable of and continuously swim from one end of the pool to the other.
- Lap lanes must be reserved up to 14 days in advance through the online Appointment King website.
- Member will be allowed 5 advanced reservations per week.
- Pool will be set up with 3 double lanes allowing 3 swimmers per double lane. .
- When sharing the double lane with 3 swimmers: one swimmer on the right side, one the left side and one swimmer down the middle of the double lane.
- No circle swimming.
- Water fitness lap swimmers are encouraged to use the lanes 1-2, if available.
- Lanes may be assigned by lifeguard on duty and cannot be requested on Appointment King.
- Additional swim times may be booked 2 hours prior to an appointment if there are openings by calling the front desk at 847-272-7250.
- If you are unable to attend your reserved time slot, please be sure to cancel your reservation.

Family Swim Rules

- Family requires same day reservations by calling the NSYMCA front desk.
- Each family swim time will be limited to 20 swimmers.
- All general pool rules must be followed. Lifeguard's decision is final.
- Every family will have access to the entire pool area, please practice social distancing and be aware of others around you.
- All children under the age of 10 years old must have an adult in the water with them.
- Parents and members not in Swim Attire must watch from the viewing area.
- NSYMCA pool equipment is not allowed for use during family swim except life jackets and puddle jumpers.
- Families are welcome to bring in their own pool toys, such as balls, diving toys, noodles, etc. No flippers, hard toys or inflatables during family swim.
- Deep Water Testing may be required to determine if a swimmer can swim in the deep end or requires life jacket. Child must be able to comfortably swim the length (25 yards) of the pool without aid of flotation device or help.
- All children who cannot pass the "Deep Water Test" will be required to wear a lifejacket or to have an adult in the water at all times.
- Lap swim will not be available during family swim times.
- Lifeguard's decision is final; Lifeguards are responsible for enforcing safety rules and keeping the pool area safe

North Suburban YMCA
2705 Techny Rd, Northbrook, IL 60062
847-272-7250 www.nsymca.org