



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

Lap Swim & Family Swim Rules

Lap 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
- Choose a lane with swimmers swimming similar to you lap swim speed.
- 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.
- Check the pool schedule for lap swim availability.

Reservations 5:00-9:00am

- Reservations will be available for AM swimming only from 5-9am when Lap swim is available. Lap lanes can be reserved up to 14 days in advance online.
- 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.
- During Reservation times, the pool will close from :00-:15.
- If you are unable to attend your reserved time slot, please cancel your reservation.

Lap Swim Non-Reservation Times 9:00am-8:15pm

- 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.
- During non-reservation times, lap swimmers may need to share lanes and circle swim will be required with 4 or more swimmers.
- Choose a lane with swimmers swimming similar to you lap swim speed.
- If members are waiting for a lap lane, please limit your work out/swim time to 1 hour so everyone can enjoy the pool.
- Pool may close 15 minutes early if there are no lap swimmers.

Family Swim Rules

- Family swim requires reservations and each Family swim time will have a limited number of swimmers.
- All general pool rules must be followed. Lifeguard's decision is final.
- All children under the age of 10 years old must have an adult in the water with them.
- NSYMCA pool equipment is not allowed for use during family swim except life jackets.
- 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. Swimmers must be able to comfortably swim the length (25 yards) of the pool without aid of flotation device or help.
- All swimmers 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
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