

Aquatic Arena Expectations

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1. Please note that the Aquatic Area closes 15 minutes before facility closing time.
2. Help us help you keep our water clean and shower each and every time you enter the pool.
3. Follow the children's access policy that will be posted in the aquatic area.
4. Wear proper swim attire. No cut-off shorts please.
5. Use caution on wet surfaces.
6. Infants and toddlers are required to wear a swim diaper when using any of the pools.
7. Refrain from running and horse playing in the aquatic area at all times.
8. Keep all food and drinks in glass containers in our café seating area and not in the pool.
9. Please do not utilize any of the pools if you have an infectious condition such as a cold, open sore, influenza, eye infection or a rash.
10. Diving is not permitted in any of the pools.
11. For your safety, the aquatic area will close during electrical storms. The aquatic area will be closed for 30 minutes from the last indication of severe weather.
12. Please respect all swimmers and staff. Some sections of the aquatic area will be available on a first come, first served basis. If there are members waiting for a lane in the lap swimming pool, please limit your time to 30 minutes. If both lanes are in use when you arrive, please check in with the lifeguard who will oversee waiting swimmers and uphold the 30 minute time expectation.
13. While water walkers have priority in the water walking oval, lifeguards will attempt to accommodate reasonable swimming requests. Current patronage of the oval and safety concerns will be considered. Continuous swimming for fitness works best during the scheduled swimming against the current times (please see the current exercise schedule).

Hot Tub, Sauna and Steam Room Expectations

Hot Tub Expectations

1. For the safety of your children, children under the age of 16 will not be permitted in the Hot Tub.
2. We recommend that you consult your physician before enjoying the Hot Tub if you have a history of heart disease, high or low blood pressure, or could be pregnant. Water above 100 degrees is not recommended for these conditions.
3. Please do not utilize the Hot Tub if you have an infectious condition such as a cold, open sore, influenza, eye infection or a rash.

Sauna and Steam Room Expectations

1. For the safety of your children, children under the age of 18 will not be permitted to utilize the sauna and steam room.
2. Users should limit themselves to no more than 10 minutes in the sauna or steam room to avoid the possibility of the heat exhaustion or heat stroke.
3. We recommend that you consult your physician before enjoying the sauna or steam room if you have a history of heart disease, high or low blood pressure, or could be pregnant.
4. Please do not utilize the sauna and steam room if you have an infectious condition such as a cold, open sore, influenza, eye infection or a rash.
5. Help us help you keep our water clean by showering each and every time that you enter the sauna, steam room, pools and/or hot tub.
6. Please refrain from adding water to the sauna heater. This practice damages the mechanical integrity of the heater and reduces its working life.
7. Please refrain from performing personal grooming habits, such as shaving, in the steam room.
8. Please exercise caution and avoid touching the sauna heater and steam outlet. These features maintain high temperatures.