

TIMPANY CENTER POOL RULES

It is a goal of The Timpany Center Staff to ensure that all members and class participants receive the experience they are looking for. All participants must follow the rules below to help promote a safe, fun, relaxing, and educational environment.

- Do not enter the pool area until a lifeguard is present and has turned over the “open” sign outside the pool doors.
- When entering the water, please use the ramp, stairs, or one of the ladders. When using a ladder face away from the pool.
- Do not dive or jump from side of pool. This includes the deep end due to the quick slope increase. Children under swim instructor supervision are the only exception.
- We strive to keep our water temperature for the pool around 92 degrees. It is recommended that you limit your active exercise program to one hour or less (depending on your health and fitness level). We encourage drinking plenty of water to prevent dehydration.
- Running on the deck or in any part of the facility is prohibited. Also, use caution when walking on areas of the deck that are wet.
- Food is not permitted inside the pool area. Drinks are only allowed in non-glass/breakable containers.
- Users must rinse off in the showers prior to pool entry to remove oils, lotions, or other chemically based products. Due to high pool usage, it is important that all users enter the water with good hygiene.
- All children, age 3 and under, or individuals who have incontinence problems must wear a swim diaper that has been approved by The Timpany Center staff. Most swim diapers can be purchased at the front desk. Disposable swim diapers are not permitted.
- Only pre-approved flotation devices and water toys are permitted in the pool during open swim or group reservations. Once approved, toys or balls that can be thrown through the air must remain in the water (no playing catch) due to a high number of participants with medical conditions or disabilities.
- Rough play including “tackling”, “chicken fights”, or hoisting children in the air is not permitted.
- Please wear appropriate swim attire. Cotton material should be limited to extend filter life. We do recognize that some exceptions will need to be made and should be approved by staff. Swim suits are required under all t-shirts/covers.
- Medical equipment (O₂ tanks, motorized pool equipment, etc) must be approved by staff before entering the pool.
- Please return all equipment to their storage area after use. This includes wheelchairs, walkers, canes, and any pool equipment. If you need assistance, please ask the lifeguard or front desk staff.

The lifeguard’s main responsibility is to maintain a safe swimming environment for all pool users in addition to responding to emergencies. Parents or guardians will be responsible for their children at all times and should enforce all facility rules.

Pool Area Etiquette and Age Requirements

- All children under the age of 7 must be accompanied by someone 16 years of age and older and remain within arm's reach of each other. Children ages 7-15 must have supervision (age 16 or older) on the deck when using pool. Minors age 16 and 17 must have an adult present in the facility. For every 4 children, there should be (at minimum) one supervisor.
- Parents who have an attendant membership and children under the age of 16 must remain in the designated "open swim" area. "Open swim" is permitted from the entrance of the pool up to the first buoy line. Exceptions may include swim lessons or children receiving other 1 on 1 training/therapy and must be pre-approved.
- If you are not swimming, please remain in designated areas away from pool edge. Parents of open swimmers or swim lesson attendees should remain in the parent area near the back doors. Attendants or caregivers may use the blue benches around the pool. All other individuals should remain in one of the lobby areas.
- Lane usage is designated by signage at the end of each lane. These can be changed at any time to accommodate different user groups. Lap swimmers should circle swim when there are more than two users in the swimming lane.
- The Timpany Center staff works hard to accommodate a variety of programs that reach all age groups and abilities. Please refer to the facility schedule and pool map in the lobby area or lifeguard stand to find a time that works best for your specific needs.
- Even though the pool is 25 yards in length, as new programs evolve, there may be less available time for lap swimming due to classes and therapeutic type activities. Competitive type lap swimming and swimming long distance underwater (breath holding) is not permitted.
- Please use caution when entering or exiting the pool during open swim hours where active children may be playing. If you need assistance or cannot enter/exit safely, please ask a lifeguard.
- During "open swim" hours, parents and children should be aware of their surroundings and of individuals with injuries, disabilities or balance problems.

SPA RULES

- Please follow all relevant rules from the pool **general rules** list.
- The environment in the spa should be relaxing. Children using this area must adhere to all spa rules and not use this area for playing. Toys, exercise equipment, and lifejackets are not permitted. Equipment to assist individuals with a disability is allowed.
- Children under the age of 7 are not permitted in the spa. Children ages 7-15 must have an adult (18 +) present in the Spa when using.
- Individuals who are elderly, pregnant, have high blood pressure, diabetes, or other serious health problems, should consult with their physician before using the spa.
- It is recommended that spa usage be limited to 10 minutes or less. Long exposure may lead to nausea, dizziness, or fainting.
- Water temperature is generally 102 degrees. Exercising (besides stretching) in the spa is not recommended.
- Underwater swimming in the spa is not permitted. Your head should remain above water at all times.