POOL AREA RULES

The YWCA Health + Fitness Centre strives to provide a safe, clean and enjoyable environment. This requires a cooperative effort from all members. By following these rules, combined with respectful and courteous treatment of each other, we can create a pleasant environment for all.

Failure to comply with these Health and Safety rules may result in you being asked to leave the facility.

Clean and appropriate bathing attire is required.

Showers are mandatory before entering the pool, hot tub and steam room. Please remove all face, body, and hair products.

Those under the influence of intoxicants are prohibited.

Those who are ill (within 48 hours of symptoms) or have an open wound or sore are prohibited from entering the pool area.

Contaminating or fouling the pool, steam room, and hot tub is prohibited.

No running, fighting or engaging in any activity that may cause injury.

No cell phone use.

No spitting.

No outdoor shoes.

No diving.

No loitering.

No glass containers.

No pets, only guide animals are permitted.

Children under eight (8) years of age are not allowed in the hot tub or steam room and require supervision by a responsible person of at least sixteen (16) years of age. One adult can be responsible for maximum of 3 children under the age of 8 and must be within arms reach.

Infants and toddlers are required to wear swim diapers and/or elastic swim pants.

All injuries or incidents MUST be reported immediately to the Lifeguard.