

POOL 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.

HEALTH
FI+NESS

- 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 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 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 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

Find your balance.

