

Large Pool Rules – BELLINGHAM PROGRAM CENTER

Pool rules are for the safety and enjoyment of YMCA Members and guests. Please remember that the Whatcom Family YMCA swimming pools are family areas. The lifeguards are on duty to prevent accidents by enforcing the rules set forth by the Whatcom Family YMCA. Please respect their authority in determining the safety of activities in the pool area. The following are rules which have been established at our pools:

1. Youth Guidelines (ages 0-17):
 - a. All youth are subject to a swim test and must follow applicable restrictions based on their swimming ability. If a child is not able to pass the swim test, there must be a parent/guardian (over 18 years of age) in the water within arm's reach with that child at all times.
 - b. All youth ages 11 and over must pass the swim test to swim without a parent in the water. Parents are not required to remain in the facility.
 - c. Ages 6-10 must pass the swim test to swim without a parent in the water. Parents of youth ages 6-10 must remain on the pool deck when their child is swimming.
 - d. Swim Test: Swim 25 yards in a forward facing position without stopping. The face is not required to be in the water but must show positive forward movement at all times. Tread water successfully for 30 seconds, then roll to the back and float for 30 seconds.
2. Any conduct that jeopardizes the safety and comfort of others is not permitted. This includes, but is not necessarily limited to, the following behavior:
 - a. Running on the pool deck.
 - b. Pushing, dunking, horseplay or excessive splashing.
 - c. Throwing of any objects.
 - d. Crossing through the lane or hanging on the lane lines.
 - e. Jumping backwards or doing flips from the side of the pool.
 - f. Headfirst diving only permitted under direct supervision of a YMCA Swim Coach or Instructor and only in the deep end.
3. All persons must shower completely before entering the pool (Washington State Health Code).
4. Persons with open wounds or infections are not allowed in the pool (Washington State Health Code).
5. Only standard swimsuits are allowed. Shorts, cut-offs, leotards or shirts are not permitted. Long hair must be pulled back.
6. Children who are not toilet trained or under the age of three and incontinent individuals must wear plastic pants or swim diapers. No disposable diapers!
7. Inflatable water wings are not permitted in the pool. The Y provides Coast Guard approved lifejackets for non-swimmers. Children using flotation devices must be accompanied in the water and supervised by an adult at all times.
8. These items are NOT allowed in the pool or on the deck:
 - a. Street shoes
 - b. Chewing gum, food, candy or beverages
 - c. Glass or metal objects
 - d. Electrical equipment
 - e. Smoking of any kind
 - f. Alcohol or Drugs
9. **NO SHOES ARE ALLOWED ON THE POOL DECK EXCEPT FOR AQUA SHOES OR SHOES THAT HAVE NOT BEEN WORN OUTDOORS.**
10. Please avoid prolonged breath holding activities as this may result in "Shallow Water Blackout".

DESCRIPTIONS OF SWIM TIMES

Adult Exercise: Lanes available for adults to exercise individually.

Lap Swim: Lap lanes are in place for lap swimming. You may be required to share a lane with another member or guest. Please ask for assistance if you do not feel comfortable with circle swimming.

Lessons: Instructors teaching YMCA swim lessons have use of the pools during this time. We have swim lessons for all age groups. Parent may view lessons in small pool from the lobby window and in the large pool from the chairs on the upper pool deck.

Open Swim: A section of the pool is open to all members and guests 11 and older. For those under 11 years old, please review rule #1 for youth guidelines and swim test requirements.

Family Swim: The pool is open to members & guests as families. An adult family member must accompany those under 18 years.

Underwater Hockey: Drop in sport for participants 18 & older. Equipment provided. Prolonged breath holding not required and is discouraged

Water Fitness: This class is a total body workout. This is a great activity for those who have joint or flexibility issues or just want a fun alternative from the weight room! Classes are for all ages and fitness abilities.

Whatcom Y Dolphins: Bellingham YMCA Youth Swim Team is for swimmers, 6-18 years of age, to further develop their swimming skills, learn competitive swimming skills and have FUN. Contact the Aquatic Director for info.

Whatcom Family YMCA Bellingham Program Center

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