



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## Neenah–Menasha YMCA General Pool Rules and Guidelines

All individuals using the pool facilities must take a shower before entering the pool.

Proper swim attire must be worn by all swimmers.

Children age 9 and under must be directly supervised by an adult in the water. Children ages 6–9, who are able to pass a swim test, may swim on their own. Children under 6 years old must be directly supervised by an adult in the water regardless of their swim ability.

### SHALLOW WATER TEST

- All children 6–9 years of age must pass a shallow water test to enter the pool without an adult.
- To perform a shallow water test children must enter waist deep water, front float for 5 seconds and recover to a standing position.
- Children 6–9 years of age who cannot pass a shallow water test must be accompanied in the water by an adult who remains within an arm's reach of the child at all times (touch supervision).
- Children who are under 6 years old are not eligible to take a shallow water test – they must be accompanied by a parent or adult in the water, using touch supervision, regardless of swim ability.

**Touch Supervision:** A competent adult must diligently watch and be in reach of their child at all times while the child is in the pool area. Adults are not permitted to sit or lean on the side of the pool while their child is in the water.

### DEEP WATER TEST

- All children under age 14 who wish to swim in water that is over their head must pass a deep water test.
- To perform a deep water test, children must jump without assistance into deep water so their head submerges, return to the surface, tread strongly for 60 seconds and swim back to the side of the pool.
- If a child cannot pass a deep water test, they must remain in water where they can stand comfortably.

### DIVING WELL TEST

- All children under age 14 who wish to swim in the diving well must pass a swim test. Any swimmers over the age of 14 may also be tested if the guard feels it is necessary.
- To perform a swim test, children must swim 1 full length of the pool (25 yards) using a strong front crawl stroke, without stopping or touching the bottom. They must also jump into water over their head, tread strongly for 60 seconds and swim back to the side of the pool.
- If a child cannot pass the swim test, they may not swim in the diving well, even if they have a parent or guardian with them.

The Small Pool is reserved for children age 7 and under. All children using the Small Pool, regardless of age or swim ability must be directly supervised by an adult in the water.

Lap Swim is reserved for anyone 14 years and older. Anyone under 14 years old must have approval from the Aquatic Director in order to swim in the lap lanes. Lap swimmers are required to share lanes when all lanes are full. Please be courteous and share your lane when necessary.



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Please do not bring any toys or swimming aids from home. Water toys, noodles, mats and lifejackets are available for use during open swim. Swim fins, kickboards and barbells are only to be used by lap swimmers, exercise classes and swim lessons. Children may not use any toys or swimming aids in the Diving Well during open swim.

Only Coast Guard approved lifejackets are allowed to be worn in the pool. Any child wearing a lifejacket must be directly supervised by an adult in the water. Lifejackets are not allowed in the Diving Well or down the slide.

The height requirement for the slide is 42". Children not meeting this height requirement may ride with a parent down the slide or pass a swim test to ride alone. Please let the Slide Attendant know if your child would like to be caught by the Lifeguard at the bottom of the slide. Parents are not allowed to catch children. Children under 2 years old may not go down the slide.

There is no diving allowed in any pool except the Diving Well.

Any activity deemed unsafe by the Lifeguard will be stopped and corrected immediately. The Lifeguard on duty has the final say regarding pool rules.

### Neenah-Menasha YMCA Locker Room Usage:

Womens/Girls General Locker Room may be used by:

- Females age 6 and older
- Girls age 3-6 escorted by a female guardian
- Children under 3 of either gender escorted by a female guardian

Mens/Boys General Locker Room may be used by:

- Males age 6 and older
- Boys age 3-6 escorted by a male guardian
- Children under 3 of either gender escorted by a male guardian

Family and Special Needs Locker Room may be used by:

- Boys age 3-6 escorted by a female guardian
- Girls age 3-6 escorted by a male guardian
- Children 6 and older who require assistance from a guardian of the opposite gender
- Individuals with Special Needs

Womens Adult Locker Room may be used by Female Members age 18 and older

Mens Adult Locker Room may be used by Male Members age 18 and older