



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS GUIDELINES

## SOUTHEAST FAMILY CENTER

1. Lifeguards have final discretion regarding pool rules and policies. Lifeguards are ultimately responsible for your safety and well-being while in our pools.
2. All swimmers under the age of 13, will be given a color coded band at the front desk that will designate their ability and where they are able to swim. This band must be worn at all times in the pool area. Children under the age of 7 must be accompanied by an adult. This child will receive a red band, and the adult needs to be within arm's reach of the child at all times. Children, ages 7-12, will receive a yellow band and must stay in the shallow end of both pools, unless they are with an adult. If a child passes a swim assessment, they will receive a green band and are able to swim in any area of the pool that is available. If an adult has more than 1 red-banded child, all but one needs to be in a lifejacket.
3. All **inflatable** flotation devices, including noodles are prohibited. Only US COAST GUARD approved lifejackets are allowed.
4. Proper swim attire is required in the pool. Cotton clothing, jeans, sweats, and street clothes are not allowed. Material must be poly or knit blend. Infants and toddlers that are not toilet trained must wear swim diapers. *Please ask a staff member if you need a swim diaper.*
5. Food, gum, and beverages in glass containers are not allowed.
6. Band-aids, bandages, or open wounds are prohibited.
7. Always walk in the pool area. Pool decks are slippery and can lead to falls.
8. Please be respectful and limit public displays of affection. Remember the four core values of the YMCA: Caring, Respect, Honesty and Responsibility.
9. Diving is not allowed in any part of the pool. Jumping feet first and facing forward is permitted.
10. Horse play, wrestling, rough housing, and foul language are prohibited.
11. Kickboards, paddles, fins, toys, and other instructional or training equipment (including barbells and weight belts) are for lap swimmers, water exercise, and swim lessons only.
12. Swimmers must be at least 48 inches tall and a yellow or green band to use the slide.
13. Any swimmer may be tested in order to swim in the deep end of both pools. They must be able to tread water for 1 minute, float on their backs for 10 seconds, and swim one length of the pool on their front without struggling.
14. A 10 minute safety check will be given prior to the hour, and the pools will be cleared of all children under the age of 18. The Fun Pool will be cleared completely and adults will be allowed in the lap pool or whirlpool only. Lessons and classes will not be affected. There will be a 15-minute safety break from 3:30-3:45 pm (Memorial Day thru Labor Day) and **EVERYONE MUST CLEAR THE POOL DECK DURING THIS TIME.**
15. Failure to follow pool rules may result in loss of YMCA privileges and/or membership.

Please have fun, be safe, and let us know if we can assist you in any way.

### Southeast Family Center

2190 Jetwing Drive, Colorado Springs, CO 80916

P 719 622 9622 [www.ppymca.org](http://www.ppymca.org)



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## **Banding Policy**

All Children 12 and under must wear a swim band while swimming in the Pikes Peak YMCA pool.

### **Red Bands:**

- Children 6 years and younger
- Parent or guardian **MUST** be within arm's reach of the child at all times in the pool area.
- If the red-banded child is in a lesson, the parent/guardian must stay on the pool deck (or watching from outside the glass windows).
- If the parent/guardian has more than one red banded child, all but one child must be in a coast guard approved life jacket (life jackets are available on the pool deck).

### **Yellow Bands:**

- Children ages 7-12 years old
- Children 7 years and older are able to swim in the shallow ends of both pools by themselves, or in the deep end with an adult.

### **Green Bands:**

- Any child 12 and younger may take a swim test in order to swim in all areas of the pool that are available.
- **Green banded swimmers (ages 6 and under) must have a parent on the pool deck while swimming.**
- Swim tests will be administered during the 10 minute safety breaks before the top of every hour. Please inquire with the lifeguards about swim tests.
- **Slide and Water Structure Hours:**
  - 12-3 pm and 7-9 pm Monday-Friday
  - 12-6 pm Saturdays
  - 1-4 pm Sundays

Slide will run for the first 15 minutes of the hour and the play structure will follow for 15 minutes.

### **Whirlpool Rules:**

- Children 10 and under are not allowed in the whirlpool or on the blue tiles around spa.
- Children ages 11-15 must be accompanied in the whirlpool by their parent/guardian.
- Limit use to 10 minutes. Maximum occupancy is 15.
- Shower before using. Enter and exit cautiously.
- People with heart conditions, diabetes, high or low blood pressure, seizures, or other medical conditions should consult their doctor before using. Pregnant women should seek their doctor's approval before using the spa.
- Everyone under the age of 18 will be asked to exit the hot tub during the 10 minute safety break.
- Hot tub will be closed from 3:30-3:45 pm (Memorial Day to Labor Day).

Thank you for your understanding and support in our efforts to provide a safe aquatic environment!

Kylie Idleman,  
Aquatics Director

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