HEALTHWORKS POOL RULES

HEALTHWORKS FITNESS
A SERVICE OF SHARE FOUNDATION

ADULT SWIM
(No children under 15)

MONDAY – FRIDAY
5:00 AM – 12:00 PM

RECREATIONAL SWIM

MONDAY – FRIDAY
12:00 PM – 8:00 PM
SATURDAY AND SUNDAY ALL DAY

GENERAL POOL RULES

- Swimmers MUST shower before entering the pool(s).
- Children 8 and under must be accompanied by an adult (18+) at all times.
- Children 9 – 14 must pass a swim test to be in the pool area unsupervised.
- No running.
- No diving.
- No pushing, shoving, fighting, or horseplay.
- All children not potty-trained are required to wear a swim diaper under their bathing suit.
- Proper swimming attire is required. (No cutoffs, street clothes, or street shoes)
- Food and gum is prohibited in the pool area.
- No glass containers of any kind in the pool area, party room, or outside patio.
- Dumbbells and belts are for adults ONLY.
- Only HealthWorks Aquatics' life jackets are permitted.
- DO NOT enter the pool if you have an infectious disease or open wound.
- In the event of unbalanced water chemistry, the pool(s) will be closed for your safety.
- The Aquatics staff have the final authority regarding safety policies and rules.
- The Aquatics department closes 30 minutes before the building closes.

LAZY RIVER RULES

- Enter/Exit the River through the center of the therapy pool.
- No sitting, standing, or jumping on the walls of the Lazy River.
- Water walking is permitted, inside lane walk with current – outside lane walk against the current.

LAP SWIMMING RULES

- Continuous swimming is required. (Lap lanes are for lap swimmers only.)
- DO NOT hang on, play or sit on the lane ropes.
- When there are three or more swimmers in a lane, please swim in a counter-clockwise circle.
- Be courteous and inform the other swimmer if you are entering a lane that is occupied.
- Kickboards, pull buoys, hand paddles, and fins may only be used for their intended purpose.
- The starting blocks are to be used ONLY with a certified instructor/coach.

WATER SLIDE RULES

- All riders must be 48" tall.
- Maximum rider weight 300 pounds.
- All riders must ride feet first while lying on their back with arms crossed across their chest.
- Do not pull or propel yourself into the ride.
- No combs or foreign objects are allowed in pockets, and no jewelry can be worn while riding the slide.
- Only one rider at a time. Absolutely no trains or chains of riders are permitted.
- A single file line should form on the deck with one rider at the middle landing and one rider at the top landing. Wait until the person at the top has entered the slide before proceeding to the next level. (For each slide)
- Pregnant women or individuals with heart or back conditions should not use the slide.
- No standing, kneeling, rotating, tumbling, or stopping in the flume.
- Leave the pool by designated ladders immediately after exiting the slide.
- Non-swimmers are only permitted if wearing a HFC life-jacket.

WARNING: WATER DEPTH IS 4 FEET.

NOTICE: FAILURE TO FOLLOW RULES CAN RESULT IN SERIOUS INJURY AND WILL CAUSE REMOVAL FROM THE POOL.