

The Swimming Hole

Facility Rules & Guidelines



These rules are available to help ALL enjoy The Swimming Hole to the fullest. Please help us in communicating these rules to all of your family members and guests who use our facility.

THANK YOU!

GENERAL FACILITY GUIDELINES

- The Swimming Hole is for personal use only. Providing personal training, swim lessons, physical therapy or business activities, or other organized personal fitness or swimming activities, are strictly prohibited.
- No loitering - there is no public space for posting flyers, advertising, etc. We use our boards for facility information only.
- No sports equipment (snowboards, bikes, etc.) may be stored inside.
- Food & drinks are not allowed in the pool area, fitness area and locker rooms (lobby only).
- No Glass water bottles in facility.
- Kids under 13 must be supervised at all times, in all areas of the facility, by a paying adult.
- No smoking IN or AROUND The Swimming Hole. Especially outside the front entrance.
- No pets may be unattended inside or outside, except service/seeing eye dogs.
- Our parking lot is for facility use only - please do not use for recreation path.
- Be sure to take all of your personal belongings when you leave. The Swimming Hole is not responsible for lost/stolen items.

LOCKER ROOMS

- Please take short showers - save water for snowmaking!
- Day use Lockers available for Members.
- Family Changing room available.

YOGA STUDIO

- Reserved for classes only.
- No equipment is to be taken out of the Yoga Studio

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POOL GUIDELINES

- Swim at your own risk when a lifeguard is off duty.
- Children under age 13 must be supervised in the pool area with a paying adult - 18 years and up.
- For safety & convenience, pool rules are posted at the entrance of the pool. Please be sure that children understand and follow these rules.
- Pool deck is slippery when wet, please walk on deck at all times for your own safety.
- Proper etiquette required, no one likes a bully. Please no pushing or throwing, etc.
- Get wet first. Shower before entering the pools.
- Swim diaper in the pool only.
- Deep end diving only, no shallow dives.
- Coast Guard approved PFDs only. We have
- PFDs available, please ask. No water wings, rings or noodles allowed in pool.
- Swim blocks are for Swim Club and Swim Lessons only.
- No shoes or strollers in pool area.
- Stay off lane lines, no bouncing or sitting on them.
- Proper attire must be worn, no cutoffs or undergarments.
- Plastic water bottles only. No glass or food allowed in pool area.
- Children/Families Using Big Pool for play should stay in Lanes 7 or 8.
- Please be mindful of swim lessons/instructors.
- Reserved Lanes are closed for Swimming Hole Programs / Lessons

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