



Life Time Fitness Aquatics Center Rules

The following Aquatics Center policies have been adopted for the safety and enjoyment of our members and guests:

1. Children under age 12 are allowed in the pool area during Family Hours when accompanied by a parent, legal guardian, sponsoring member, and/or when participating in organized Life Time Fitness programming. A parent, guardian or sponsoring member must be present at the same body of water the children are in at all times. ***Any child under 12 who cannot continuously swim 25 meters must be directly and actively supervised by a parent, legal guardian or sponsoring member who remains within 10 feet of the child at all times.***
2. An adult must accompany children ages 12–15 when lifeguards are not on duty. In Minnesota an adult must accompany children ages 12-17 when lifeguards are not on duty.
3. Children must be at least three months old to be in the pools.
4. Please ensure that there are no more than three children under the supervision of one adult.
5. Children three months to three years of age must wear swim diapers and/or tight fitting rubber or plastic pants.
6. A full body soap and water shower is required prior to pool entry. All oils and lotions must be showered off.
7. Proper swim attire is required in the pools and/or whirlpools. Jeans and workout apparel are not allowed.
8. A t-shirt and shorts (or cover-up) and shoes must be worn when exiting the locker room and/or aquatics area to go to other areas of the club.
9. Running, wrestling, or other rough play is not allowed.
10. Inappropriate language or behavior is not allowed.
11. Lifeguards and all Aquatics Team Members must be obeyed at all times. Failure to comply with pool rules, whether written or verbal, may result in removal from the Aquatic Center and/or suspension or revocation of membership.
12. If there is lightning or thunder in the immediate area, ALL aquatics facilities will be closed immediately, up to and including the indoor pools. All members will be asked to clear the pool deck until the lightning or thunder has left the immediate area.
13. Strollers must be kept four feet from the pool to ensure adequate visual and physical clearance for the lifeguards.

Leisure Pool - Indoor and Outdoor

1. Coast Guard approved flotation devices may be used. Coast Guard approved lifejackets are provided by the Aquatics Team Members on a first–come, first-serve basis. Please return the lifejackets once you are finished using them.
2. Bistro food and drink purchases are allowed in the designated outdoor eating area only. No outside food, drink or coolers are allowed at any time, except for clear bottled water. Food

and drink is not allowed on the indoor pool deck, except for clear bottled water.

3. Kickboards, noodles, or other floatation and swim instruction aides are not allowed in the pools except when used with organized Life Time Fitness programming.
4. Adult swim breaks will be held every two hours on the hour during Family Hours. They may be held more frequently if determined necessary. The length of the adult swim break is 10 minutes when indoors and 15 minutes when outdoors. This provides an opportunity for members and lifeguards to use restrooms, apply sun screen, and rehydrate.
5. Small pool toys from home are allowed to be used as long as they are used appropriately.

Slide Rules:

1. Flume slide users must wait for the lifeguard to provide a "GO" signal before riding. Only one user may be on the slide at a time.
2. Flume Slide Riders must be a minimum of 42 inches tall and able to swim quickly, confidently and unaided to the exit ladder or under the slide drop off area rope. In New Jersey riders must be a minimum of 48 inches tall. In Ohio riders must be 54 inches tall or pass a swim test if between 42-54 inches in order to use the slides.
3. Users must ride on their back or bottom, feet first, and keep arms and legs inside the slide at all times.
4. For safety reasons, standing, stopping, turning, rotating, kneeling, and head-first riding is not allowed.
5. All eyewear must be removed to prevent damage or loss. Swim goggles may be worn.
6. Jewelry of any kind (necklaces, rings, bracelets, pins etc.), keys, and other items, which may scratch the slide, must be removed prior use of the slide.
7. Flume Slide users must walk up the stairs single file. Running, cutting, or horseplay is not allowed.
8. Flume Slide users must move quickly to the nearest ladder or under the slide drop area rope upon exiting the slide.
9. Lifejackets are not allowed to be worn on the Flume Slides;
10. Parents are not allowed to wait in the roped off Flume Slide drop area for their children. They may, however, wait on the outside of the rope to meet their children once they have exited the drop area.

Lap Pool:

1. The lap pools are for ages 12 and older.
2. Kickboards, fins, and snorkeling equipment may be used.
3. Please offer to share a lane with a waiting member when the pool is busy.

Whirlpools:

1. The whirlpools may be used only by individuals who are age 12 and older.

Please consult the posted rules at your club in addition to the online listing of rules