

Pool Rules

- Children under 9 are not allowed on the club premises without an adult unless the child is participating in a scheduled program.
- Children 9-14 are not to swim without adult supervision, unless a lifeguard is present.
- Lifeguard and aquatic staff instructions must be followed at all times.
- Children who are not yet toilet trained must wear waterproof swim diapers. Swim diapers must be covered by a swim suit or appropriate outer cover. Health Department rules require pools be closed if fecal matter enters the pool.
- Reckless behavior in the pool area is not permitted.
- Water wings, and other swimming aids – which are known to cause a dangerous false sense of security in both the swimmer and the monitor – are not permitted in any of the pools, including the hot tub.
- Drinking glasses, ceramic plates and other breakable items are not permitted in the pool or on the pool deck at any time.
- Food is permitted on patio tables & lounge chairs. Food is not permitted in, or immediately around, the pools. Members must dispose of their dining and drinking related trash in the appropriate receptacles to help us eliminate trash in the pools and reduce nature-related problems such as ants, birds and yellow jackets.
- Alpine Hills fins, kickboards and pull buoys are for the use of lap swimmers and swim team members during workouts and aquatic programs, under the supervision of the program instructor. Styrofoam 'Noodles' are for Aquatic Program use only, and not for recreational use.
- Indoor and outdoor showers are provided for swimmers to rinse off before entering all pools. Swimmers' health and the health of our pool systems can be adversely affected by residue from lotions, hair products, etc.
- Guests must be signed in by an accompanying Member.

Hot Tub Rules

- Children younger than 5 are not permitted in the hot tub.
- Children between 5 and 17 are allowed in the hot tub until 5pm daily.
- The hot tub is not a play area; no toys, flotation devices, or kickboards are allowed.

Baby Pool Rules

- Parents are responsible for supervising their children when the Water Mushroom is in use.
- No kickboards are allowed in the baby pool.
- The baby pool is intended for swimmers 5 and younger.

Lap Swimming

During busy times, we request that lap swimmers observe accepted etiquette so we can all share the club's great facilities:

- Before swimming in an occupied lane, enter the water feet first and wait for the person to return to the wall. At that time, discuss whether the two of you will 'split' the lane, or 'circle swim'. To split the lane, each swimmer chooses a side of the lane, and remains on that side. To circle swim, swimmers follow one another down the right side of the lane, and return on the opposite side of the lane.
- During particularly busy times, it may be necessary to accommodate three or more swimmers in a lap swim lane. When three or more swimmers are in a lane, they must circle swim.
- If swimmers are waiting, please limit your workout to 30 minutes.
- When exiting your lane, if you must swim across lanes to access a ladder, please avoid cutting in front of advancing swimmers.

Locker Room Rules

- No one under 16 is permitted in the adult locker rooms.
- Girls under the age of 5 years are permitted to enter the Boys' locker room with an adult male guardian. Boys under age 5 are permitted to enter the Girls' locker room if accompanied by an adult female guardian. Children age 5 and older must use the locker room designated for their gender.
- Babies are to be changed in the Family Locker Room or in the Boys' or Girls' locker rooms only.