

Group Guidelines



General Aquatic Center Guidelines

(includes pool area & sauna)

- **Before entering the pool, the Aquatic Center staff will review the pool policies.**
- **We do not supply towels.**
- **Lifeguards will be on duty during open swim times and organized group swim times.**
- **No one is allowed outside of the locker rooms and pool area without a shirt or shoes.**
- **State pool/sauna rules and capacity limits are posted in the pool area.**
- **The deepest point of the pool is 7ft. No diving allowed from the pool deck.**
 - Jumping from the edge of the pool, in less than 3ft of water, is not advised.
- **No holding another patron while swimming in water higher than chest deep.**
 - This includes parents with small children.
- **Before entering the pool, it is highly recommended that you shower.**
 - All children participating in pool activities are encouraged to use the restroom.
- **To be in the lap lanes area, youth ages 7+ must complete the swim test and wear the provided wristband. See lifeguard for more information.**
- **Only swimwear made of nylon, polyester, and/or spandex is allowed in the pool.**
 - The JLAAC is not responsible for damage to clothing.
 - Children in diapers must wear a reusable plastic pant/swim diaper with snug elasticized legs and waistband.
 - Access may be denied on the play structure if swimwear is non-compliant.
- **Personal pool accessories, water wings and all inflatables are not allowed in the pool area.**
- **No snorkels. Masks and fins are allowed.**
- **Life jackets are available. You may bring your own U.S. Coast Guard approved flotation devices.**
 - Life jackets are not a substitute for adult supervision.
- **At busy times, the Aquatic Center staff may clear the pool for safety breaks.**
 - During this time, it is advised your group takes a restroom break.
- **No food or gum is allowed on the pool deck or in the water.**
- **Non-alcoholic beverages in non-glass containers only.**
- **The sauna may be used by ages 13+. Minors (13-17 yrs.) must be accompanied by a guardian.**

Aquatic Youth to Chaperone Ratios:	
0-4 years	3:1
5-7 years	5:1
8-9 years	8:1
10 years+	10:1

For ages under 7:

Chaperones must be in the water within arm's reach of the children.

Maintain reasonable distance when children are using the play structure.

Guardians and reasonably older siblings may accompany small children on the slides.

This age group is not allowed in the lap lanes area.

For ages 7 and older:

Children may swim in the pool with chaperones on the pool deck.

This age group is allowed in all pool areas.

Youth may be asked to take a swim test by JLAAC staff to use the deep end.

General Gymnasium Guidelines

- Attendants will assist with any equipment needs (balls, nets, bleachers).
- **NO DUNKING** or hanging on rims.
- Use equipment for manufacturer intended use only.
- No food or gum allowed in the gymnasium.
- Water only in non-glass containers.
- Please wear a 2nd pair of clean non-marking shoes that have not been worn outside.
- No throwing or kicking balls and/or equipment at the ceiling, windows or running track area.

General Multi-Purpose Room Guidelines

- Put any games or equipment away when you are finished.
- Reset furniture as you found it.

Recreation/Fitness Youth to Chaperone Ratios:

0-4 years	4:1
5-7 years	6:1
8-9 years	10:1
10 years+	15:1

Fitness Center/Studio Guidelines

- Before entering these areas, the Fitness Attendant will review policies.
- No youth under the age of 13 allowed.
- Youth between the ages 13-17 must be accompanied by a chaperone per ratio guidelines.
- 30 min max usage on cardio machines when others are waiting.
- No food or gum in the Fitness Center/Studio.
- Water only in non-glass containers.
- Please wear a 2nd pair of clean, non-marking shoes that have not been worn outside.
 - Shoes are required in the Fitness Center.
 - Open toe shoes are not allowed.
- Bring your own ear buds or headphones to access television audio.
- Spotters are helpful, use one :)
- Life over Muscles: know your limits and be safe.
- Use wipes to clean off only the seats, arm handles and arm rests. Please, **DO NOT** wipe down monitors.

Walking/Jogging Track Guidelines

- Please wear a 2nd pair of clean non-marking shoes that have not been worn outside.
- No gymnasium equipment allowed on the track.
- No standing or spectating while on the track.
 - Continuous movement within the lane lines is required.
 - Stretching and other activities should be conducted outside of the white lane lines.
- Be aware of walking and jogging lanes and the direction in which you will be moving.
 - Inner lane: walking
 - Outer lane: jogging and speed walking
 - Clockwise: Tuesday, Wednesday, Saturday
 - Counter-Clockwise: Sunday, Monday, Thursday, Friday
- 18 Laps to a mile
- No food or gum on the track
- Water only in non-glass containers