

Clark County Parks & Recreation

Aquatics Program Handbook



Where Fun Happens

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Letter from Aquatics

Dear Participant:

On behalf of the Clark County Department of Parks and Recreation, we would like to welcome you to our programs. Studies show that children's play is essential to the human development process. We recognize that participation in this program contributes to your child's health and well being. We are pleased that you have chosen Clark County Department of Parks and Recreation as your "partner in play."

Our Aquatic facilities will provide programming that ensures the safety, health and enjoyment of all patrons and participants. We will promote a sense of community trust and support by displaying a professional image to you our customers at all times.

Our staff will have a fun, safe and exciting time planned for your child. The information in this handbook will assist you in helping us to provide a positive and rewarding experience.

Please take a moment to read the information and review it with your child. Feel free to talk to the aquatic staff if you have any questions or concerns at any time during the program.

We look forward to a great time and a happy, healthy future. Thank you for your confidence and continued support. Remember, Clark County Parks and Recreation is "Where Fun Happens!"

Sincerely,

Clark County Aquatics



Drowning Prevention Information

Deaths and Injuries

- A swimming pool is 14 times more likely than a motor vehicle to be involved in the death of a child age 4 and under.
- Each year, approximately 1,150 children ages 14 and under are hospitalized due to near-drownings.
- Of children surviving near-drownings, 5-20% suffer severe and permanent disability.

Where Drownings Happen

- Approximately 50% of preschool aged drownings occur in residential swimming pools.
- Each year, more than 2,000 preschool aged near-drownings occur in residential pools.
- Each year, 350 drownings (for all ages) happen in bathtubs.
- Each year, approximately 40 children drown in five-gallon buckets.
- Nevada is one of the ten states in the US where drowning surpasses all other causes of death to children 14 & under.

How and When Drowning Happens

- Of all preschool aged children who drown, 70% are in the care of one or both parents at the time of drowning.
- Of all preschool aged children who drown, 75% are missing from sight for five minutes or less.

Parent Drowning Prevention Tips

- Never leave a child near a pool/spa, bathtub, toilet, water-filled bucket, pond or any standing body of water. There is no substitute for adult supervision, make sure an adult is constantly watching.
- Drownings and near-drownings occur in familiar surroundings during very short lapses in supervision, such as leaving to answer the phone or the doorbell.
- If you must leave the pool/bathtub area, take your child with you.
- Do not have older siblings watch younger children in the water. They are not trained or mature enough to be given such a responsibility.
- Do not rely solely on swimming lessons, life preservers, or any other equipment to make a child “water safe”. While these help to minimize risk, they are not foolproof.
- A fence or wall barrier should completely enclose your pool or spa.
- All gates or doors leading from the house to the pool area should have a self-closing and self-latching mechanism that protects against unauthorized entry and use.
- An alarm on windows and doors out to your pool is recommended, to notify you if someone goes out.
- Do not place objects near the pool or spa fence that could allow a child to climb over.
- Do not leave toys/objects out in the open that will attract your child to the pool area ...put them away and out of sight.
- NEVER swim alone. Always swim with a buddy.
- Learn to swim.
- Take a CPR/First Aid course.
- Keep a portable telephone by the pool/spa.
- Be prepared for an emergency. Have a plan.
- Look in the pool area first if a child is missing.
- **Constant Adult Supervision is Essential!**

General Clark County Information

Check-In

Attendance will be recorded each day of class/practice; be sure to check-in at the front counter upon entering the facility. An area of the pool will be assigned to each group of participants. Swimmers may wait on the deck for instructors/coaches in this area. However, please make sure your child does NOT enter the water until the instructor/coach begins class/practice.

Communication

On the first day of class/practice the pool manager will introduce instructors/coaches and give useful information for making your experience in Clark County programs successful. If you have a comment, concern or problem, please go to the instructor/coach at the end of class/practice. Please do not disrupt the class/practice unless it is an emergency. If the situation is not resolved, please contact the pool manager or assistant manager on duty. If further assistance is needed after addressing it with both the instructor/coach and pool manager, please call the Desert Breeze Zone - 455-7798, option 2 or Hollywood Zone - 455-8508.

Dress

Each participant will need a bathing suit, towels and sunscreen. Optional items may consist of swim cap, goggles, earplugs, etc. (Please note that during swim lessons some underwater skills require students perform them without the use of goggles.). Some extra equipment is needed for each of our different programs; please see the class description for those items. If your child is prone to ear infections or other medical conditions, you may want to consult your child's doctor before continuing. No flotation devices, please. If your child has long hair, please have it pulled back from his/her face. Be sure to put sunscreen on your child prior to class/practice and have them ready to begin on time.

Pool Closures

Clark County Parks and Recreation cannot be held responsible for cancelled classes/practices due to inclement weather or pool malfunction; refunds and make-up classes/practices will NOT be given. Each level of swimming lessons has safety activities which participants are required to perform. These activities can be done out of the water. Therefore, swim lessons will only be cancelled for severe weather. Swim Team and Synchronized Swimming have dry land workouts and may hold practice during inclement weather. However, during severe weather practice will be cancelled. During severe weather, if you have not received a phone call 10 minutes prior to you leaving your house please call the pool to find out if programming is cancelled.

Inclusion Statement

Our agency will provide service in the most integrated setting appropriate to meet the needs of participants with a qualified disability. Clark County Parks and Recreation will make every effort to provide reasonable accommodation. Although policies and practices may be revised, the **Behavior Guidelines** are applicable to ensure everyone's safety and enjoyment. To assist us in making reasonable accommodations, we urge you to please call the Desert Breeze Zone - 455-7798, option 2 or Hollywood Zone - 455-8508 in an effort to help staff provide for his/her individual needs.

Staff

Our lifeguards, instructors and coaches have been selected from a field of qualified applicants. For the participants' safety and enjoyment, staff has received training in First Aid, CPR, positive discipline, safety procedures and program development. Staff also receives on-going training to further enhance the organization and delivery of our programs. Staff members have completed a background check to help ensure the safety of participants.

Our aquatic staff members have been trained as American Red Cross Water Safety Instructors and Lifeguards, receiving over 40 hours of training. Our staff members have also attended many in-services specific to the programs that they are teaching/coaching.

Clark County Swim Lessons

General Information

It is important for you to register your child for the appropriate level. Please look at the requirements for each level and select the level that is appropriate based on the skills your child has mastered. If you are not sure and would like your child to be evaluated please contact the pool manager. Pool staff can assess your child's skills and recommend the proper level. On the first day of class all swim participants will be evaluated on their skills to ensure they are placed in the appropriate swim level. Participants who are not in the appropriate level may only be moved up or down one level on a space available basis. Class ratios are 1:8 for Water Introduction; 1:6 for Water Independence; 1:8 for Intro to Swimming Strokes; 1:10 for Advanced Stroke Development; 1:10 for Intro to Aquatics Sports. Water Introduction and Water Independence are 30 minutes in duration and all other are 45 minutes in duration.

Be sure to put sunscreen on your child prior to class, and have him/her ready to begin class on time.

Remember, this is a learn-to-swim, water safety program. A certain amount of water safety activities will be incorporated into each level such as; appropriate operation of a Personal Flotation Device, safety in and around the water, reaching assists, how to get help and basic CPR. If you have any further questions, please ask your child's swim instructor or the pool manager at the site where you are registered.

On the last day of each session, after water skills are completed, an open swim time may be conducted and all those in attendance are welcome to swim (proper swimwear is required). Your child will be given a participant progress card outlining skills they have completed successfully and skills that he/she needs to continue to practice. Children that have passed a level will receive a completion certificate on that day. If you do not receive either on the last day of class please contact the instructor or facility manager.

CLASS DESCRIPTIONS

Participants' skills will be tested on the first day of class for appropriate level placement. If registration placement is incorrect, **participants will only be moved up or down one level on a space available basis.**

(Programs offered at most of the Pools)

Water Introduction:

This class is designed for children ages 6 months to 5 years and an accompanying adult. ***An adult MUST be in the water at all times during the first few classes.*** Children that are ready will participate in the last few classes of the session without a parent in the water. Classes are 30 minutes in length, meet two times per week and are taught in shallow water. Instructor to participant ratio is 1:8. This class builds swimming readiness by emphasizing fun in the water. Adults and children participate in guided classes during which children learn elementary skills such as water entry & exit, blowing bubbles, freestyle arm movement, backstroke arm movement, underwater exploration, flutter kicking, and floating positions. Exit Skills needed to progress to next class are the ability to be comfortable in the water without a parent/guardian, ability to listen and take direction in a group setting, submerge face underwater and be comfortable in a front float position.

After a child completes all required skills, he/she should be placed in Water Independence.

Water Independence:

Students enrolled in this class should be between **3 to 12 years of age**. Classes are 30 minutes in length, meet two times per week and are taught in shallow water. Instructor to participant ratio is 1:6. Children must be comfortable being in the water without an adult, ability to listen and take direction in a group setting, submerge face underwater and be comfortable in a front float position.

Skills taught in this class include: retrieving a submerged object, independent forward motion using arm & leg motions, independent use of a kickboard, and floating on front and back for 5 seconds and basic water safety skills. Exit skills needed to progress to the next class is ability to propel forward independently, front float, roll over to a back float and hold for 5 seconds and swim back to start. Instructor can help propel child back to start. The second exit skill is the ability to propel forward on their back with minimal support.

After a child completes all required skills, he/she should be placed in Stroke Introduction.

Stroke Introduction:

Students enrolled should be between **3 to 12 years old**. Classes are 45 minutes in length meet two times per week and will be taught moving into progressively deeper water throughout the session. Instructor to participant ratio is 1:8. Children must demonstrate exit skills from Water Independence (Propel forward on back with minimal support, front float, roll over to a back float and hold for 5 seconds and swim back to start. (Instructor can help propel child back to start) The second exit skill is the ability to propel forward on their back with minimal support.

Skills taught in this class include: Backstroke, Elementary Backstroke, Freestyle, learn all swimming kicks, deep water entries, treading water and basic water safety skills. Exit skills needed to progress to the next class is to swim 10 to 15 yards demonstrating Freestyle, Elementary Backstroke, Backstroke, and treading water for 30 seconds.

After a child completes all required skills in this class he/she should be placed Advanced Stroke Development.

Advanced Stroke Development:

Students enrolled should be between **3-12 years old**. Students must have passed Stroke Introduction or be competent in those skills. Classes are 45 minutes in length, meet two times per week and are taught in deep water. Instructor to participant ratio is 1:10. Children must demonstrate exit skills from Stroke Introduction (swim 10 to 15 yards demonstrating Freestyle, Elementary Backstroke, Backstroke, and treading water for 30 seconds).

Skills taught in this class include: refinement of Backstroke, Elementary Backstroke and Freestyle strokes. New skills will include: Breaststroke, Sidestroke, Butterfly, deep water kneeling and sitting dives, treading water for one minute and water safety skills. Exit skills needed to progress to the next class is to swim 10-15 yards demonstrating Freestyle, Elementary Backstroke, Backstroke, Breaststroke, Sidestroke and treading water for one minute.

After a child completes all required skills he/she can be placed in Intro to Aquatics Sports

Intro to Aquatics Sports:

Students enrolled should be between **6-17 years old**. Students must have passed Advanced Stroke Development or be competent in those skills. Classes are 45 minutes in length, meet two times per week and taught in deep water. Instructor to participant ratio is 1:10. Children must demonstrate exit skills from Advanced Stroke Development (swim 10-15 yards demonstrating Freestyle, Elementary Backstroke, Backstroke, Breaststroke, Sidestroke and treading water for one minute).

Skills taught in this class include: Butterfly refinement, swim team starts and/or diving board dives, flip turns, synchro sculling/synchro strokes, water polo eggbeater, safety skills will incorporate Guards in Training and water safety skills.

Class Skill Cards

Water Introduction Skills

Meets	Does not meet	
		Enter water using ladder, steps or side
		Enter water by jumping in from the side
		Enter water and return to shallow water
		Exit water using ladder, steps or side
		Exit water from side using elbow, elbow, tummy, knee, knee
		Submerging mouth, nose, and eyes
		Blowing bubbles through mouth and nose
		Bobbing with head fully submerged
		Opening eyes under water and retrieving submerged objects (in shallow water)
		Kicking on front (supported/unsupported)
		Kicking on back (supported/unsupported)
		Front float (supported/unsupported)
		Roll from front float to back float
		Back float (supported/ unsupported)
		Roll from back float to front float
		Passing
		Assisted propelling
		Arm motion on front
		Arm motion on back
		Combined arm motion & kicks on front with bubbles
		Combined arm motion & kicks on back
		Alternating leg action on back, 2 body lengths
		Simultaneous leg action on back, 2 body lengths
		Alternating arm action on back, 2 body lengths

Safety Topics – Tommy Talks

Meets	Does not meet	
		Cueing
		Always swim with an adult
		Calling 9-1-1
		Recognizing lifeguards & what lifeguards do
		Pool rules

Exit Skills

Meets	Does not meet	
		Be able to separate from parent while taking part in group activities
		Be able to listen & take direction from an instructor in a group setting
		Submerge underwater
		Be comfortable in the front float position (supported/unsupported)

Water Independence Skills

Meets	Does not meet	
		Unassisted entry with direction change
		Blow bubbles
		Retrieve sinkable toy
		Retrieve sinkable toy with facial submersion and blowing bubbles
		Front kick with support
		Front kick without support
		Front kick with arms blowing bubbles (freestyle) with support
		Front kick with arms blowing bubbles (freestyle) without support
		Back kick with “otter” arms with support
		Back kick with “otter” arms without support
		Stream line front glide with support
		Stream line front glide without support
		Stream line back glide with support
		Stream line back glide without support
		Front float with support
		Front float without support
		Back float with support

Meets	Does not meet	
		Back float without support
		Deep Water Exploration
		Lifejacket

Safety Topics – Tommy Talks

Meets	Does not meet	
		Never swim without an adult watching
		Calling 911 – What is an emergency
		Pool Safety – Reaching Assist
		Lifejacket Safety
		Water Dangers – Rivers, Floods, Spillways
		Sun Safety
		Recognizing the Lifeguard

Exit Skills

Meets	Does not meet	
		Propel forward independently, do a front float, roll over to a back float 5 sec. hold, and swim back to start. Instructor can help propel child back to start.

Meets	Does not meet	
		Able to propel forward on their back with minimal support

Stroke Introduction Skills

Meets	Does not meet	
		Flutter kick on front with kick board unassisted
		Flutter kick on back with kick board unassisted
		Streamline on front using flutter kick face in water blowing bubbles
		Combined freestyle arms and flutter kick
		Rotary breathing using kickboard and flutter kick unassisted
		Independent complete freestyle stroke with rotary breathing
		Demonstrate rotary breathing every 3 rd stroke
		Flutter kick on back with kickboard unassisted
		Combined backstroke arms and flutter kick

		Independent complete backstroke unassisted
		Elementary backstroke kick
		Elementary backstroke arms
		Combined elementary backstroke arms and legs
		Independent complete elementary backstroke
		Unassisted entry into deep water with lifejacket
		Treading in deep water
		Dolphin kick/ butterfly kick

Safety Topics – Tommy Talks

Meets	Does not meet	
		Never swim without an adult watching
		Calling 911 – What is an emergency
		Pool Safety – Reaching Assist
		Lifejacket Safety
		Water Dangers – Rivers, Floods, Spillways
		Sun Safety
		Recognizing the Lifeguard

Exit Skills

Meets	Does not meet	
		10-15yds freestyle independently
		10-15yds backstroke independently
		10-15yds elementary backstroke independently
		Tread water for 30 seconds Independently

Advanced Stroke Development Skills

Meets	Does not meet	
		Sitting dives
		Kneeling dives
		Feet-first surface dive
		Freestyle Arms
		Freestyle Kick
		Backstroke Arms
		Backstroke Kick
		Elementary Backstroke Arms
		Elementary Backstroke Kick
		Breaststroke Arms
		Breaststroke Kick

		Sidestroke
		Butterfly Arms
		Butterfly Kick
		Front crawl open turn
		Backstroke open turn
		Tread Water modified scissors kick
		Tread Water modified breaststroke kick
		Tread Water rotary kick

Safety Topics - Tommy Talks

Meets	Does not meet	
		Lifejackets-when & how to wear them & why
		Never swim alone
		Check your surroundings before entering water
		Recognizing emergencies

Meets	Does not meet	
		Reaching assists
		Throwing assists

Exit Skills

Meets	Does not meet	
		15-25 yards of freestyle
		15-25 yards of backstroke
		15-25 yards of elementary backstroke
		15-25 yards of breaststroke
		15-25 yards of sidestroke
		15-25 yards of butterfly
		Tread water for 1 minute (using modified scissors, modified breaststroke or rotary kick)

Introduction to Aquatic Sports Skills

Meets	Does not meet	
		Swim Team
		Circle Swimming/Using a pace clock
		Freestyle
		Freestyle flip turn
		Freestyle open turn
		Backstroke

		Backstroke flip turn
		Backstroke start
		Elementary backstroke
		Breaststroke
		Breaststroke open turn
		Butterfly 25 yards
		Sidestroke
		Individual medley
		Racing starts

Meets	Does not meet	Synchronized Swimming
		Sculling in a back layout
		Oyster
		Tub

Meets	Does not meet	Water Polo
		Eggbeater
		Modified freestyle
		Shooting
		Passing

Meets	Does not meet	Guards in Training
		Drowning process
		Scanning
		Reaching Assist
		Entries and approaches
		Head first/feet first surface dive
		Walking assist
		Beach drag
		Active rear rescue
		Hip and shoulder support
		Head Splint
		Using gloves/basic first aid

Adult/ Teen Swim Lessons

This class is designed for adults with little or no previous water experience. If you have any physical limitations or special needs, please let the instructor know on the first day of class. The first day of lessons will include an orientation period where you and your instructor can discuss your skill level and goals for the class.

Please arrive early to class and be prepared to be in the water every day. You'll need a bathing suit, towel and sunscreen. Optional items include swim cap, goggles, earplugs and related swimming equipment.

Instructors will work closely with each participant to overcome any fear of the water, and then to work on basic skills such as floating, swimming under water, crawl stroke, backstroke and breaststroke. The goal of this class is to teach adults to comfortably enjoy a water environment.

Water Exercise

General Information

These classes are designed for adults who want to improve their health through water exercise. If you have any physical or health limitations, please let the instructor know on the first day of class. The first day of class will include a short orientation period where you and your instructor can discuss any personal goals or special needs for the class.

Please arrive early to class and be prepared to be in the water every day. You'll need to bring a bathing suit, towel, water bottle and sunscreen. Aqua shoes are recommended for safety and to provide traction to increase workout effectiveness. Optional items include a swim cap, sunglasses and a hat.

Instructors will work closely with each participant to educate them on the different types and methods of water exercise, the health benefits of water exercise and will discuss overall ways to improve health.

Synchronized Swimming

General Information

Synchronized Swimming practice is held one hour per day, 3 days per week for eight weeks during the summer. Synchronized Swimming practice is held one hour per day, 2 days per week for six weeks during the Fall and Winter/Spring. Please try to attend all practices. Each participant will need a bathing suit, a swim cap, goggles, and a nose plug.

The recreational synchronized swimming program is designed for children to learn stroke patterns, figures and routines. Please discuss any concerns or questions with your child's synchro coach first, and then the pool manager and then if not resolved the call the Hollywood Zone Aquatics Office at 455-8508.

Synchro Meets

Each participant will need to purchase one black one-piece bathing suit for costumes. We recommend that you bring water, a towel, and goggles to all of the meets. Food is prohibited inside the facility and water/sports drinks are the only beverages allowed during the meets.

Recreational Swim Team

General Information

Swim team practice is held for one hour each day, 3 days per week for eight weeks during the summer. Swim team practice is held for one hour each day, 3 days per week for six weeks during the Fall and Winter/Spring. Each participant will need a bathing suit, towel, sunscreen and optional items such as swim cap, goggles and earplugs.

The recreational swim team is designed as a program that gives participants the opportunity to practice the four major competitive swim strokes: Butterfly, Backstroke, Breaststroke and Freestyle while competing on a

recreational level against participants of similar skills/age levels. Please discuss any concerns or questions with your child's swim coach first, then the pool manager and then if not resolved call the Desert Breeze Zone - 455-7798, option 2

Swim Meets

We recommend that you bring water, a towel, and goggles to all of the meets. Food is prohibited inside the facility and water/sports drinks are the only beverages allowed during the meets.

Jr. Guard

The Jr. Guard program is held on Tuesdays & Thursdays for 1 hour and Wednesdays for 2 hours. This is an eight week summer program. An additional week will be added for testing of those that are age eligible (15 years or older) and wish to test to receive their lifeguarding certification.

Junior Lifeguard program is for participants ages 11-18 and is designed to provide teens with all the training given to lifeguards. Students will learn lifeguarding, safety skills, employment information, First Aid/CPR, accident prevention and response, health and fitness, leadership, attitude/professionalism, and interviewing skills. Pre-requisites for the program include 100-yard continuous front crawl swim, two-minute continuous tread and 10-yard underwater swim.

All students may receive their First Aid/CPR certification and those that are eligible can receive their Lifeguarding Certification.

Pool Rules

Pool rules are designed for the safety of everyone. Clark County Department of Parks and Recreation reserves the right to amend these rules for the safety of its participants, and to refuse service to any participant who violates any of these rules or direction from Aquatics Staff. All persons entering pool complex are required to pay the admission fee.

- Swimming without a lifeguard present is prohibited. No lifeguard on duty after specified hours.
- Diving from the pool deck is prohibited.
- Children under 8 years old must be accompanied by an adult 18 years of age or older who must be in the water within arms reach of the child at all times. If the child can pass a swim test*, and the parent/guardian signs a waiver of liability, then the parent may watch the child from the deck (but must stay in the facility).
- No Running at any time.
- Horseplay (shoving, dunking, sitting on shoulders, etc.) is not permitted in pool or on deck.
- Breath holding activities are not permitted
- Flotation devices must be Coast Guard approved.
- Health District requirements, only clothing specifically designed for swimming is allowed (swim suits appropriate for family environments only). This policy is designed to help maintain a sanitary environment as well as to minimize specific drowning-hazards.
- Patrons who wear diapers must use swim diapers/plastic pants with elastic legs and waist in addition to wearing a swim suit.
- Cellular phone, camera phone, camera, and video camera use is strictly prohibited in all locker, shower, and changing room areas. The Pool Manager must approve video recording and photography of any kind within the pool area.
- Clark County encourages a family friendly environment at our facilities. Inappropriate language, verbal abuse and offensive clothing/tattoos are strictly prohibited. Individuals under the influence of drugs or alcohol are prohibited from our facilities.

- Abusive and/or foul language and individuals under the influence of alcohol or drugs is prohibited and will not be tolerated
- Smoking, gum chewing, and spitting are not permitted.
- Hanging on ropes or lane lines is not permitted.
- Hanging and swinging on hand rails is not permitted.
- Persons with open sores, cuts, or rashes are not permitted in pool complex; bandages are prohibited in pool.
- All patrons must shower before using pool.
- Safety equipment is for aquatic staff use only.
- Food and drinks in designated areas only. Alcohol and glass containers are not permitted.
- Clark County is not responsible for lost or stolen articles. Please do not bring valuables to the pool.
- Clark County is required to close the pool in cases of inclement weather and/or after pool contamination incidents, pursuant to Heath District regulations.
- Please be advised that Clark County may observe a 15 minute safety break during every 1.5 hours of operation in order to check equipment and account for all patrons present.
- Patrons over eight years of age are prohibited from entering locker rooms of the opposite sex.

CAUTION: For safety reasons pregnant women and persons with heart conditions or back trouble should not ride the slide.

Failure to obey all posted rules and regulations, or failure to obey warnings by lifeguards or other pool staff is grounds for removal from the swimming pool for a period of time, if not permanently (depending on infraction). Rules are posted for patron safety, and every effort is made to maintain a safe and healthy swim environment for all patrons.

*Swim test to consist of patron swimming 12 yards, turning around, and swimming back, without stopping/ touching bottom. Management reserves all rights regarding passing/ failing swim test.

