

Welcome to the Penobscot Bay YMCA Aquatics Area.

This is an informational guide about our pool. If you have any questions please contact Erin Fogg at 236-3375 ext. 221 or efogg@penbayymca.org.

General Rules

- All patrons must obey & swim only when Lifeguard is on duty.
- Patrons must shower thoroughly before swimming & use of sauna.
- Shoes not allowed on deck
- Swimmers must wear bathing suits in pool and sauna
- Cameras and Phones are not allowed in the pool area
- Spectators must watch from balcony unless accompanying a child to a program
- Food/Drinks not allowed except water in plastic bottle.
- Pool deck gets slippery, please walk slowly on deck

Swim Test

- Children under the age of 13 are required to take a swim test:
 - Swim 25 yards, 1 minute tread water, jump into pool.
- Children not passing/taking test must wear a bubble/lifejacket, orange bracelet and stay in the shallow end of Main pool.
- Children passing the test need to wear a green bracelet

Jumping & Diving

- **Main Pool-** Diving is permitted off the 9 foot wall, jumping off lower gutter and side walls facing forward/feet first only.
- **Therapy Pool-** Jumping facing forward/feet first only permitted off the 5 foot wall, Diving not allowed.

Equipment Use

- Please dunk all equipment and return to correct shelf.
- **Open Swim:** Balls, Rings & Noodles
- **Swim Lessons & Lap Swim:** Kickboards, barbells, swim fins and other aids.

Age Requirements

- Children 5 and under must be accompanied **in the water** by a parent, regardless of completion of swim test.
- Children 10 and under must have an adult in the building.
- All children 4 and under must wear a non-disposable rubber swim diaper in the pool, regardless of potty training.

Sauna Rules

- Co-ed & Adult Only Sauna
- Stay fully hydrated
- Pregnant women, persons using prescription medications, and individuals suffering from high blood pressure must consult with a physician.
- Maximum amount of time allowed in the sauna is 30 minutes per day.
- Maximum number of people can not exceed 8.
- Use only one dipper full at a time and take care to keep clear of the steam as it rises off the rocks.
- Please keep all flammable materials away from sauna rocks.
- In respect of other patrons no oils or lotions allowed in Sauna