

### Sauna Rules

- When using the sauna, allow enough time to relax completely.
- Please shower before entering, wear appropriate swim attire, remove all jewelry, and use a clean towel to sit on.
- Patrons under the age of 18 are not permitted to use the sauna.
- Pregnant women, persons using prescription medications and individuals suffering from high blood pressure must consult with a physician before using the sauna.
- Use only one dipper full of water (1/2 cup) 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.
- Food and drinks are not allowed in the sauna room.
- Please remember this is a smoke-free campus.
- Maximum amount of time allowed in the sauna is 30 minutes per day.
- Maximum number of people can not exceed 8.
- Please remember to fully hydrate before and after use.

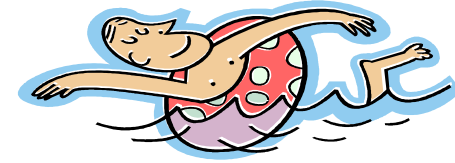
### Sauna Hours of Operation:

Mon. – Fri.: 6AM – 8 PM    Saturday: 7 AM – 1 & 2-5 PM  
Sunday: 1 PM – 5 PM

### Pool Rules

- All patrons must obey Lifeguards on duty.
- Swim only when Lifeguard is on duty.
- Swimmers must shower before entering pool.
- Please remove shoes before entering pool area.
- A swim test will be required of all swimmers under age 13, and may be required of adults if lifeguard feels that the swimming ability may be in question. The swim test consists of swimming 25 yards on front, treading water for 1 min, and climbing out of the pool and doing one jump into the deep water. Anyone who did not pass or did not wish to take the swim test must wear a bubble belt or lifejacket and remain in the shallow end, unless accompanied by a parent. If there is more than 1 child who has not passed the swim test, they must all wear a bubble belt, unless otherwise approved by the lifeguard on duty.
- Children under the age of 6 must be accompanied in the water by a parent, regardless of completion of swim test.
- Children ages 10 and under must have a parent in the YMCA.
- Children may not be left on the pool deck unsupervised.
- All children 4 and under must wear a non-disposable rubber swim diaper in the pool, regardless of potty training.
- Jumping in the Therapy Pool is permitted off the 5 foot wall only.
- Swimmers must enter the water facing forward only. Back dives, twists and flips are not permitted.
- Swimmers must enter the water feet first in the shallow end of the Main Pool. Diving is permitted off the 9 foot wall of the Main Pool only.

## PENOBSCOT BAY YMCA SPRING II POOL SCHEDULE APRIL 28-JUNE 15



### Attention Swimmers:

Due to a recommendation by our insurance company, the swim test, required by all swimmers 12 and under, has changed.

Please be aware of the new test:

- Swim 25 yards on stomach
- Tread water for 1 minute
- Climb out of the pool, and do one jump into the deep end.

Please remember that those who do not successfully complete or do not wish to take the swim test must wear a floatation device, an orange wristband and remain in the shallow end of the pool. (exception is taken only when the child is one on one with their parent) Those who successfully complete the test, wear a green wristband are able to use the shallow and deep water.

Please feel free to contact Jason Amos or Casey Parent with any questions or concerns. Thank you for your understanding.



YMCA  
We build strong kids,  
strong families, strong communities.

