

1. Parents and guardians are responsible for supervising their children. Babies may not be left in stroller or car seats on deck unattended.
2. Lifeguards are on duty to enforce rules and to respond in case of emergencies. Lifeguards have the authority to stop any activity that is deemed unsafe. The Manager or Aquatics Lead may enforce any non-written rule as deemed necessary.
3. In compliance with California State Law, a shower is recommended before entering either pool.
4. Walk on the pool deck at all times.
5. Diving is not permitted. Enter the pool feet first only.
6. No smoking, alcohol, tobacco products, gum, pets, or glass on the pool deck. All food must be kept in the marked designated eating areas and out of the pool.
7. Swimmers with hair longer than shoulder length must tie back their hair with a hair-tie or wear a cap.
8. Members with a cold, virus, communicable disease, open sores, ear or nasal discharge are not allowed in the pool. Please remove all band-aids before entering the water.
9. Do not go over the lane lines, rope or other dividers. Do not hang on ladders or hand rails.
10. Inappropriate behavior or language will not be permitted. Examples include but are not limited to: being on the shoulders of another swimmer, throwing others into the pool, excessive splashing, excessive displays of affection, swearing, obscenities, inappropriate topics for a family environment, etc.
11. Lifejackets may be used if they are Coast Guard approved. No inflatable floatation devices will be approved. Pool Buoys and Kickboards are only permitted in the lap lane area.
12. During our busy season, we require all swimmers to wear an access wristband in order to enter the pool. These wristbands can only be acquired at the Service Desk when you check-in and may require a guest pass fee, depending on your type of Membership and Program enrollment.

Lap Swimming Etiquette

1. Lap swimmers must be able to swim 4 continuous laps (at any pace), without resting or stopping.
2. Lanes are divided by swimming speed. Circle swimming is necessary when 3 or more members are lap swimming. Please swim counter-clockwise and as far to the right as possible.
3. Speak with all swimmers in your lane prior to entering. Always enter the pool feet first. Lifeguards may ask you to move over to another lane to ensure safety.
4. To pass another swimmer, lightly tap the swimmer's foot once and pass at the wall, never in the middle of the pool. Please allow faster swimmers to pass.
5. If you are stopping or resting on the wall, stay to the right side of the lane to stay away from the swimmers coming in. Stopping in the middle of the pool should be avoided. If the lane is crowded and one person stops, all will have to stop. Be aware of the swimmers around you.

Additional Pool Rules for Children Under 18

1. **UNDER 4 years old**

Reusable and plastic swim diapers are required for all children in all swim facilities at the JCC. All diaper and garment changing **must** be done in the privacy of the locker rooms.

2. **UNDER 7 years of age**

Must have a parent/guardian in the water within arms reach or is able to **Pass Level 1 or 2 Swim Test.**

*Parent/Guardian must remain ON pool deck.

3. **7-15 years of age**

Must have a parent/guardian on the pool deck or is able to **Pass Level 3 Swim Test.**

*Parent/Guardian must Remain ON Campus.

4. **Deep End/Lap Area**

ALL children under the age of 13 must Pass Level 2 Swim Test to use deep end/lap area without Parent/Guardian.

*Parent/Guardian must remain ON pool deck.

APJCC Swim Tests

Swim Tests are available for swimmers who fall under these age restrictions. Swim Tests must be retaken each month. A Lifeguard must supervise the swim test. The appropriate wristband will be given to show swimmer's ability.

Level I:

Be able to swim **Freestyle Stroke** for 25yds. Allowed one stop. Swimmers who pass this test will receive a Red wristband and are allowed to swim in the shallow end without an adult in the water. Adult is required to be on pool deck.

Level II:

Be able to swim **Freestyle Stroke** for 50yds **non-stop**. Swimmers who pass this test will receive a Black wristband and are allowed to swim in deep end/ lap area without an adult in the water. Adult is required to be on pool deck.

Level III:

Be able to swim 100yds **non-stop** (Freestyle, Backstroke, Breaststroke or Butterfly). Swimmers who pass this test will receive a White wristband and are allowed to swim in the shallow or deep end of the pool without an adult in the water or on the deck. Adults are required to be on site here at the APJCC.

APJCC Wading Pool Rules

1. Use of the wading pool is limited to children UNDER 7 years old or those who cannot swim.
2. Lifeguards are NOT on duty at the Wading Pool. Parents and guardians are fully responsible for the supervision of children and must be within arms reach when using the wading pool. Although the Lifeguards are on duty in the general area, they cannot give constant and careful supervision that the youngsters need.
3. No jumping of any kind in the Wading Pool.

ALL CHILDREN UNDER AGE 16 MUST HAVE A PARENT/GUARDIAN ON THE APJCC CAMPUS!