

# Changes to Pool Schedule

## March 1 – April 25

### Pool Rules

- All swimmers must shower before entering the pool (Rhode Island State Law)
- No diving in shallow end
- Do not run on the deck
- Long hair must be tied back
- Diving blocks are for instructional purposes only
- Proper swimming attire required. No t-shirts or cut offs
- Do not block the stairs
- Lifeguards determine swimming ability and have the final say.
- Young children and non-swimmers must be within arms length of a responsible adult (ages 18 and above) at all times, in and out of the water.
- Children ages 10 and under must be accompanied by an adult (ages 18 and above) in the water. Children of swimming ability must be accompanied by an adult (ages 18 and above) in the pool area. All non-swimmers must have an adult (ages 18 and above) in the water with them. Children ages 9-14 must have an adult in the pool area with them at all times.
- **Youth Swim – Youth attending Youth Swim must be of swimming ability and 10 years old and above**
- Check with the lifeguard regarding the use of equipment.
- The following items are not allowed in the pool: band-aids, food, drink, or gum.

**Lap Swim:** Must be an adult.

**Youth Swim:** Must be 10 to 18 years of age.

**Family Swim:** Children of any age must be accompanied by an adult (18+).  
See above rules.

Newport County YMCA  
We build strong kids, strong families, strong communities  
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