



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Family Recreation Guidelines

(as of 6.21.2023)

- Access to family recreation swim is on a first-come, first-serve basis.
- All participants of any age must wear a swimming cap and proper swimming attire, including swim diapers for infants and children not potty-trained.
- All participants must shower before entering the pool for hygiene purposes.
- Infants younger than six months are not permitted in the pool or pool deck area.
- All family recreation participants must follow the ratios and rules below:
  - All non-swimmers must remain in the shallow water. Lifeguards have the authority to swim test participants.
  - Parents/guardians must get in the water with any non-swimmer children under 18 years old.
  - Parents must always be within arm's reach of their child.
  - 1 Adult per 2 non-swimmer children/teens must remain in the shallow area.
  - 1 Adult per 2 non-swimmer children/teens plus one (The plus one can be an adult, a 9-to 11-year-old child swimmer or a 12- to 17-year-old teen swimmer.)
  - A 9-to 11-year-old child swimmer is allowed to swim by themselves with a parent's supervision sitting on the pool deck bench. Parents must wear appropriate pool attire and pool water shoes/slippers. Only three parents are allowed in the pool deck.
  - A 12-to 17-year-old teen swimmer is allowed to swim by themselves with no parent supervision.
  - Inflatable flotation devices are not allowed. PFDs (Personal Flotation Devices) are welcome such as backpacks or coast guard life jackets.
  - Running-Diving-Hold breathing contests are prohibited for safety purposes.
  - Children 9 years and younger are allowed to jump. However, jumping is not permitted if 12 or more patrons are in the pool. No jumping for participants older than nine years old.
  - For safety purposes, ladders and stairs are only used for entering/exiting the pool.
- Knowing how to swim means being able to do the following minimum requirements:
  - Swim the length of the pool on their front (no technique required)
  - Tread water for 60 seconds
  - Swim the length of the pool on their back (no technique required)
- We share our swimming equipment (ask the lifeguard.)
- Participants can bring their pool toy (2 max per child, no instructional one, the lifeguard will authorize the proper use.)
- Please follow the lifeguard's lead for the best recreation time experience.

Any questions or concerns, please contact the Aquatics Director, Ricardo Fontanarosa [atrfontanarosa@ymcanyc.org](mailto:atrfontanarosa@ymcanyc.org)