



eliminating racism
empowering women
ywca
St. Paul



YWCA St. Paul Aquatics Guidelines

Swimming Pool Guidelines

- Showers are required before entering the pool
- No food or beverages are allowed in the fitness facility, other than water in a non-breakable container
- No person with, or suspected of having, a communicable disease which could be transmitted through use of the pool shall work at or use the pool
- No diving, running or rough housing allowed in the pool area
- Proper swim attire is required. **Appropriate swim attire includes:** bathing suit, swim trunks, board shorts, burkini, rash guard, wet suit, and short or long sleeved shirts and/or tights and/or shorts made of synthetic material
- Children that require a diaper must have on a swim diaper underneath swimsuit, regular diapers are not permitted in the pool
- The YWCA St. Paul staff have authority to enforce pool regulations and guidelines
- Lap and open swim lanes must be signed up for in the member portal prior to arriving
- Pool schedule is subject to change

Sauna & Hot Tub Guidelines

- A shower is required before entering the whirlpool
- Follow pool capacity restrictions
- The use of oils, perfumes, and lotions are prohibited in these areas
- Shaving is not allowed in these areas

Age Guidelines

Swimming Pool

- Ages 6 weeks - 10 years old are permitted to swim in the pool with a **parent/guardian in the water & are within arms reach of the child**
- Ages 11-17 years old are permitted to swim in the pool under the supervision of a parent/guardian in the pool area

Whirlpool & Sauna

- Ages 0-14 years old are not permitted to use these areas
- Ages 15-17 years old are permitted to use these areas