Facility Policies and Regulations

- All patrons are subject to the Aquatic and Fitness Center’s rules, regulations and instructions from all staff members.
- Failure to abide by the rules below or instructions from staff may lead to serious injury or dismissal.
- We reserve the right to revoke memberships or to ask repeat offenders to leave the premises for inappropriate behavior and/or non-compliance with any rules and regulations.
- For the comfort of our patrons, children 4 years of age or older are not permitted in the opposite sex locker rooms. The Unisex Room and public restrooms are available.
- The Town of Tonawanda is not responsible for the loss or damage to private property.
- While in the facility, children are to remain under the supervision of responsible adults at all times.
- Refunds will only be given to patrons who are relocating out of the WNY area or with certain medical conditions. Proper documentation is required.
- Memberships privileges are nontransferable. Illegal use of a members card may result in revocation or suspension of privileges without a refund.

Fitness Room

- Patrons under 16 years of age must meet all of the facilities guidelines to use the fitness room without adult supervision.
- Children ages 13 through 15 that have completed all documentation, have been given an official evaluation and orientation by the fitness staff, may use the fitness room if a parent or legal guardian is in facility. See Youth Policy for designated hours and information.
- Only sneakers and walking shoes are permitted in the fitness room.
- Do not rest on machines in between sets. Let other patrons use the machines while you rest.
- Overcoats, jackets and gym bags are not allowed in the fitness room.
- No denim shorts or jeans may be worn while working out.
- Please observe all time limits on machines when people are waiting.
- Proper paperwork must be filled out and reviewed before an appointment for an evaluation or orientation can be scheduled.

Main Pool Rules

- Children under 8 years of age must be physically accompanied in the water at all times by a parent or legal guardian over 18 years of age. The adult must be within an arm’s length of the child at all times. PLEASE NOTE: NO CHILD UNDER 8 YEARS OF AGE WILL BE PERMITTED IN THE POOL WITHOUT THIS SUPERVISION AND THERE MUST BE A MAXIMUM RATIO OF TWO CHILDREN PER ONE PARENT OR LEGAL GUARDIAN AT ALL TIMES.
- Please walk at all times.
- Swim suits, spandex attire, or triathlon wear must be worn in the pools. Cut-off shorts or t-shirts are not allowed.
- Only toys provided by the Aquatic & Fitness Center are permitted in the pool.
- Only swim aids that are US Coast Guard approved are permitted in the facility. A non-life jacket wearing adult must be in the water within an arm’s length of the child at all times. If you need assistance, please ask the pool supervisor or lifeguard. NOTE: The use of a life jacket is not a failsafe and cannot substitute for close and active supervision by an adult.
- Please do not carry other swimmers or engage in “chicken fights” or horseplay.
- The use of profane or vulgar language will not be tolerated.
- Please do not bring food, drinks, or gum into the pool area.
- Everyone must take a soap shower before entering or re-entering the pool, whirlpool, kiddie pool, steam room or sauna.
- Patrons are not permitted on the deck of the pool in street clothes. If, for a short time, you want to take pictures or video, get the pool supervisor’s permission. While on the deck, remove your shoes, boots, etc.

Kiddie Pool Rules

- Only children ages 7 years or younger are permitted in the pool. Children younger than 4 years must be physically accompanied in the water by an adult or legal guardian 18 years of age or older. The adult must be in a swimsuit and within an arm’s reach of the child at all times.
- Children must wear bathing suits, “swim diapers,” or rubber or plastic pants to swim in the pool. Cut off shorts or diapers alone are not permitted.
- Please do not jump into the kiddie pool. Use the ladder or slide in from a sitting position.
- Only toys or floats provided by the Aquatic & Fitness Center are permitted.
- Kickboards are not allowed in the kiddie pool.
- Please do not place hands or objects into the skimmer.
- Flotation devices may not be worn in the kiddie pool.
**Whirlpool Rules**

- Please shower before entering the whirlpool.
- For your safety, the maximum time permitted in the whirlpool must not exceed 15 minutes. If you wish to stay beyond 15 minutes, please take another shower, wait 5 minutes, and then return to the whirlpool.
- Do not submerge beneath the surface of the water.
- No one under the age of 14 is permitted in the whirlpool.
- Swimsuits must be worn in the whirlpool. Cut-off shorts or t-shirts are not allowed.
- Please do not place hands or objects into skimmers.
- Please enter the whirlpool using the steps. Please do not sit on the sides of the whirlpool.
- Pregnant women should not use the whirlpool without prior medical consultation and permission from their doctor. A medical release must be filed with the Aquatic Facility Director prior to use.
- Food or drink is not permitted in the whirlpool.

**Steam Room Rules**

- For your added comfort, you may want to sit on a towel.
- Observe a reasonable time limit (15 minutes), then shower, cool down, and, if you wish, return for another brief stay. Long exposure may result in nausea, dizziness, or fainting.
- Individuals with heart disease, diabetes, emotional disorders, high or low blood pressure, circulatory deficiencies, hypertension, stress problems, seizures, and epilepsy should not use the steam room.
- Individuals who are on diets or are using prescribed or recreational drugs should not use the steam room.
- Please do not sleep, exercise or shave while in the steam room.
- No one under the age of 14 is permitted in the steam room.
- Pregnant women should not use the steam room without prior medical consultation and permission from their doctor. A medical release must be filed with the Aquatic Facility Director prior to use.
- Street clothing, sweat suits, shoes, etc. are not allowed in the steam room. Swim attire must be worn.
- Do not spit or pour water on the temperature probe.

**Sauna Rules**

- For added comfort, you may want to sit on a towel.
- Observe a reasonable time limit (15 minutes), then shower, cool down, and, if you wish, return for another brief stay. Long exposure may result in nausea, dizziness, or fainting.
- Individuals with heart disease, diabetes, emotional disorders, high or low blood pressure, circulatory deficiencies, hypertension, stress problems, seizures, and epilepsy should not use the sauna.
- Individuals who are on diets or are using prescribed or recreational drugs should not use the sauna.
- Please do not sleep, exercise or shave in the sauna.
- Newspapers, magazines, etc. are not permitted in the sauna.
- No one under the age of 14 is permitted in the sauna.
- Pregnant women should not use spa pool without prior medical consultation and permission from their doctor. A medical release must be filed with the Aquatic Facility Director prior to use.
- Street clothing, sweat suits, shoes, etc. are not allowed in the sauna. Swim attire must be worn.
- Do not spit or pour water over rocks.

**Diving Board Rules**

- You must be 8 years of age or older to dive from the board, unless you have passed the swim test.
- Only one person at a time on the board.
- Please wait for the previous diver to reach the side of the pool before diving.
- NO inward or reverse dives off board.
- Please bounce only once on board.
- Please walk on board.
- Please dive straight off end of board.
- Please do not loiter on board.
- Please exit diving area immediately by using the ladder closest to the guard chair.
- Flotation devices may not be used when using the diving board.