



The Workout Club of Salem: Pool Policies

Thank you for taking the time to review the policies below and help your children to learn and understand them as well.

PLEASE NOTE: Lifeguards are NOT available during family swim; it is the sole responsibility of parents to supervise their children.

1. Food, GUM, beverages, and glass containers are NOT allowed in pool or on pool deck. (Plastic water bottles okay.)
2. Children under the age of 14 are not allowed to be in the pool with the supervision of an adult (over 18 yrs).
3. An adult (ages 18 or older) must accompany children under the age of 6 in the water.
4. Anyone with infectious disease, open sore/s, or communicable illness may not use the pool.
5. Hanging on or swimming over lane lines/rope is NOT permitted.
6. Swimmers using/needing flotation must be accompanied by an adult in the water.
7. Flips, back dives, and twists are NOT permitted.
8. Running and jumping into the pool is NOT permitted.
9. Standing, jumping, climbing, or walking on the pool shoulders is not permitted.
10. Kickboards and buoys are for adult swim and lessons only.
11. No person under the age of 16 is allowed in the hot tub or sauna.
12. No diapers! Please note: Swim diapers and rubber pants are required.
13. Lap Pool is for swimming laps only. No playing or jumping in and out is allowed.
14. Please note that per the National Lightning and Safety Institute we do close our pools for thunder and lightning. We reopen 1/2 hour after the last clap of thunder.
15. No climbing on structures, sliding down railings, running on bleachers, or rough housing is permitted.

WATERSLIDE RULES:

- All riders must be 48" to ride the waterslide.
- No flotation devices or face masks are allowed on the waterslide.
- The swim test is one length of the large pool front crawl.
- Only one rider at a time.
- Rider must slide feet first. NO headfirst entry.

- NO ONE is to catch a rider at the bottom of the slide.
- The rider is to wait until the lifeguard signals (thumbs up) before going down the slide.
- All riders MUST swim TO THE LADDER after they have gone down the slide.

All of The Workout Club's policies and regulations regarding the pool are instituted with you and your family's safety in mind. Our goal is to provide a friendly and fun atmosphere with excellence in safety. Thank you!

Management reserves the right to deny use of the pool to anyone at anytime.

We Are Making Fitness Fun!

Swimming Lessons!

Swim for life, swim for fun! We offer group, private, and semi-private lessons all year long. Ages 6 months to adult. Visit The Workout Club Website or visit us in the Aquatics office.

Contact Laurie.moran@theworkoutclub.com or
Kathy.farah@theworkoutclub.com

Splash Park!

Saturdays: 12:00 – 5:00 pm

Sundays: 12:00 – 5:00 pm

Cost: With Member: 13 years & older - \$10 per person
 12 years & under – \$5 per person

Non-Member: 13 years & older - \$15 per person
 12 years & under - \$10 person

*Hours are added/changed during school vacations/holidays

Birthday Parties!

Fit Kids Camp!

School Vacation Programs: your child will enjoy:

Swimming

Age appropriate Fit Classes

Rock Climbing

Circuit Training

Arts & Crafts

Team Building games &

Spin Class

drills, & relays

Full or half day camps available, ages 4 through 12.

Contact: Annmarie Caprio 603-894-4800