

AMENITIES

Competition Pool

- 25 yards (75' x 45')
- 6 lanes w/ starting blocks
- 4' shallow to 12' deep
- 80 degrees
- ramp entrance (meets all ADA requirements)
- 1 meter diving board

Therapy Pool

- 45' x 33'
- 3' shallow to 4' deep
- 88 degrees
- ramp entrance (meets all ADA requirements)
- walk-in-steps and therapy/ exercise rail

Whirlpool / Spa

- capacity of 4
- 104 degree

Steam Room & Suana

- capacity of 8

Outdoor Pool

- 120' x 60'
- zero depth to 4' deep
- in-pool mushroom fountain
- large playground
- concession stand
- chaise lawn chairs

Outdoor Water Slide

- 150' spiral
- enters into 4' depth

Aerobic Studio

- 52' x 33' cushioned dance floor

Play Structure

- cushioned floor
- playground equipment geared for 3-5 years

Locker Rooms

- 250 lockers per room
- handicap accessible
- Suitmate swimsuit wringer
- hand/ hair dryers
- locker rental & coin operated lockers
- * FAMILY LOCKER ROOM
 - w/ private bathroom & shower facilities

Track

- suspended 1/10 mile
- walking or running
- Mondo rubber surface

Gym

- 17,000 square foot wood floor
- 4 volleyball courts
- 2 regulation basketball courts

Racquetball/ Wallyball Courts

- 2 hard-panel courts with AC

Nautilus / Cardio Rooms

- Nautilus strength training machines
- Hand weights
- stair steppers, cross trainers, ellipticals
- treadmills, airdyne & recumbent bikes

DISCIPLINE

Safety is our top priority. To preserve the health and safety of our patrons, we have rules that need to be enforced. Disregard or lack of respect toward Park and Recreation employees, abusive language, unlawful acts such as theft, vandalism, or assault will result in an indefinite suspension.

In the pool area, the lifeguard will blow a short whistle blast for minor offenses and will reprimand the offender. For repeat or more serious offense, the offender may be asked to sit out for a designated period of time. If the offender cannot stay within our safety guidelines, they will be asked to leave for the day.

We have the right to terminate use of the facility and revoke passes if the offender's actions are serious or repetitive.

AGE RESTRICTIONS

Must be **12 or older** to be admitted into the facility without a supervisor **16 or older**. Anyone younger will not be admitted without proper supervision.

Pool:

- Ages **10** and **11** may be in pool area while a supervisor 16 or older is in another location on site.
- Children **9 and under** must have a supervisor in the pool area with them.
- Any non-swimmer or children **5 or under**, must have an adult (**16 or older**) in the water directly supervising the child
- During rest breaks (10 minutes to the hour), anyone **17 or under** must get out of the water. Only **hand held infants** may stay in the water with adults.

Nautilus Room:

- Must be **13 or older** to enter this room, even if accompanied by an adult.
- Any person, regardless of age, will be asked to leave if not using equipment properly.

Cardio Room:

- Must be **16 or older** to enter this room, even if accompanied by an adult.
- Any person, regardless of age, will be asked to leave if not using the machines properly.

Playground:

- Equipment is meant for children ages **3-5 years**.
- Anyone **under 10** must be directly supervised by someone 16 or older.

Gymnasium:

- Children 10 and 11 may use gym during specified open times when a supervisor 16 or older is in the building.
- Age stipulations may change based on the open gym schedule
- During adult leagues, no children **under 12** are allowed on the gym level.

Track:

- Must be **12** to use unaccompanied by an adult. Children **8-11** are only permitted on the track when directly with a supervisor **16 or older**.
- During adult leagues, must be 12 or older to use the track.
- Track use should be for exercise purposes only. No loitering or horseplay will be permitted.

SHOE CHANGE RULE

A shoe change is required to use the facility. They must be clean and have non-marking soles. Please carry in your change of shoes. Clean shoes help maintain the cleanliness of the facility. It also keeps out dirt, mud, salt, rain, and other sediments that can lead to rapid breakdown of our floor surfaces.

FOOD, GUM, BEVERAGES & SMOKING

Food, gum and beverages are prohibited in the indoor pool and locker room areas. There are vending machines available next to the indoor playground. You may bring picnic lunches and snacks with you to the facility. However, all food and beverages must remain in the vending area or the outdoor pool area. All glass containers are prohibited. The outdoor pool does have a concession stand for your convenience.

No alcoholic beverages.

No tobacco products; e-cigarettes or similar smoking devices permitted.

GROUP FACILITY USE RULE

Groups of 15 or more using the facility must do so on a rental basis and be cleared with the proper professional staff. Any "team" wishing to use the facility for practice or conditioning must first clear it with the full-time staff.

NAUTILUS / CARDIO ROOMS RULES

- These rooms are open to both pass holders and general admission patrons.
- The age limit for the nautilus room is **13**.
- The age limit for the cardio room is **16**.
- Clean change of shoes, shirt, and proper dry exercise clothing is required.
- NO sandals or open toed shoes. Tennis shoes or other clean soft-soled shoes recommended.
- Improper use of weights or exercise equipment will warrant suspension.
- Do not try to lift heavy amounts of weight without instruction or supervision.
- Only walkmans are permitted in the rooms, no stereos or tape decks.
- Report any damage to the front desk immediately so it can be repaired.
- Clean your machine when you have finished your work out.
- Please limit your workout to 20 minutes per aerobic machine when others are waiting.

PLAY STRUCTURE RULES

- Playground equipment is geared for **3-5** years.
- Children must be supervised by an adult at all times.
- Clean shoes are required.

TOT-WATCH RULES

Childcare is available for members and class participants. Reservations are not necessary. A childcare provider will be available during the scheduled hours.

- Fee must be paid at the front desk when children are dropped off, or a Tot-Watch card may be purchased. In the event the child/ren is not picked up on time, an extra \$1.00 per child will be charged.
- AGE LIMIT - infant to 10 years of age.
- PARENTS will be required to drop-off driver's license with child/ren and must remain in the building at all times. Child/ren will only be released to the person on the driver's license.
- NO SICK children will be allowed in the Tot-Watch area. The staff cannot administer medications.
- PARENTS must take child/ren to the bathroom prior to service. Parents may be paged out of class or workout to change soiled diapers. Please provide diapers and wipes in the event of an emergency.
- PARENTS may be paged to assist with behavioral problems or continuous crying.
- LABEL all personal belongings, especially cups, bottles, and pacifiers. The staff is not responsible for damaged, lost, or stolen belongings.
- AN EMERGENCY medical form will need to be on file and kept up to date.

PROPER SWIM ATTIRE

Proper attire is required in and at all facilities of the Norwalk Park and Recreation Department. Clothing must cover all private areas with opaque material. Female breasts from the top of the areola to the underside of the breast, including the nipple, must be covered by opaque material, except during or incidental to breast feeding. Park & Rec reserves the right to exclude or remove from any Park and Recreation facility any person who, in the opinion of the Park & Rec staff, is inappropriately attired.

BREAST FEEDING

Breast feeding is permitted in accordance with the provisions of Ohio revised Code Section 3781.55. Breast feeding mothers are requested to use discretion, taking into consideration the sensibilities of other patrons.

POOL RULES

- Swim only when lifeguard is on duty.
- Swimmers must shower before using the pool or whirlpool.
- Diving is permitted only in the designated deepwater area.
- Do not swim in designated diving area.
- Do not swim over or hang onto lane markers.
- No running or disruptive play permitted on pool deck or in locker rooms.
- Personal belongings should remain in the locker rooms. Be sure to lock your locker.
We are not responsible for lost or damaged items.
- Only Coast Guard approved flotation devices or those that are attached to the body in swimsuit form are permitted. Facility lifejackets are available for use.
- Persons with skin disease, infections, or open sores are prohibited from using the pools.
- Persons wearing adhesive tape or bandages will not be permitted in the pools.
- Bathing caps are recommended for persons with long hair.
- All hard or heavy balls are prohibited (no golf, nerf, soccer or tennis balls).
- No excessive splashing or splashing of lifeguards is permitted.
- Interference with lifeguards is prohibited.
- No swimming through or playing on railings or blocking entrances to pool.
- No children using flotation are permitted in the deep end of the pool, unless under class supervision.
- Do not abuse showers or locker rooms.
- Lap swimmers are to share lanes and circle swim, children using lap lanes will be asked to vacate them if not continually swimming.
- Children who are not potty-trained must wear swim-approved diapers or plastic training pants over their diapers.

DIVING BOARD RULES

- One person on diving board at a time, those in line must remain on deck.
- Dive straight from the end of the board.
- After dive, swim out of diving area to the ladder immediately.
- Only one bounce per dive.
- No hanging on the board.
- Only standard dives are to be performed, no cartwheels, sitting dive, handstands, sailor dives, or dives from the rear.
- While diving board is in use, no other swimming is allowed in the diving area.
- No catching persons off board.

OUTDOOR POOL USE

- There may be times when the outdoor pool will not be open. One of these occasions would be inclement weather (anytime the air temperature is below 60 degrees or if there is rain / thunderstorms).
- If the outdoor pool does not open at 11:00 a.m., we will re-evaluate the weather conditions at 4:00 p.m. (No rain checks or refunds will be issued at anytime).

WATERSLIDE RULES

- Persons wishing to ride the waterslide must be **53** inches tall or pass a swim test issued by our lifeguards. Height measurements take place at the outdoor concession stand.
- No running or horseplay on the steps.
- Only one person allowed down the slide at a time as directed by attendant.
- Legs must be straight out and remain on back or bottom, no spinning or going down head first.
- Swim out of landing area immediately.

WHIRLPOOL / SPA RULES

- Swim suits must be worn.
- Showers must be taken before entering the pool.
- Persons under the age of **18** are prohibited.
- Pregnant women, the elderly and those suffering from heart disease, diabetes, or high/ low blood pressure should not use the whirlpool / spa without prior medical consultation and permission from a doctor.
- Do not use the whirlpool / spa while under the influence of alcohol or drugs that may cause drowsiness or raise / lower blood pressure.
- Do not use at temperatures greater than 104 degrees Fahrenheit.
- Do not use alone.
- Observe reasonable time limits (10-15 minutes).
- Long exposures may result in nausea, dizziness, or fainting.
- Spa limit is 4 people.

SAUNA AND STEAM ROOM RULES

- Swim suits must be worn.
- Showers must be taken before entering the pool.
- Patrons must be **18** to use either room.
- Pregnant women, the elderly and those suffering from heart disease, diabetes, or high/ low blood pressure should not use these rooms without prior medical consultation and permission from a doctor.
- For safety reasons, 10-15 minutes is the maximum time allowed per session for healthy individuals.
- Upon experiencing any nausea, chills, dizziness, hot flashes, headache or other discomfort, leave the room at once.
- Remove all jewelry.
- Under no circumstances should users wear excessive or rubberized clothing.
- Newspapers, magazines, and other reading material are prohibited.
- No tampering with sensor or heating unit.
- Shower before entering pool or spa after use.

TRACK RULES

- Clean change of shoes required for use of track.
- Only 2 abreast at all times.
- Stay towards the inside of the track unless passing.
- Follow direction arrow. Changes daily.
- NO food or beverages are permitted on the track.
- NO strollers. Walkers allowed during slower times.
- Must be 12 years of age. Ages 8 through 11 are only permitted directly with an adult.
- During adult league, the minimum age is 12.

GYMNASIUM RULES

- Clean change of shoes required for gymnasium.
- Do not leave your items on the floor or on the chairs. Please use the lockers or cubbies.
- NO hanging on rims at any time.
- *Youth Open Gym* - No charge for members & those that pay general admission. \$4 for all others.
- *Family Open Gym* - Parents and their children under the age of 18. Parents must accompany the kids at all times. No charge for members & those that pay general admission. \$3 for all others.
- During Adult Scrimmage times & all other non-scheduled times participants must be members or pay general admission. Gym usage may be limited at these times due to staffing.
- Overhead gym lights will be turned on for 6 or more.
- No food in the gym area, beverages are allowed, but only on the carpeted areas.
- Use of profanity will not be tolerated.
- Spectators during adult leagues must stay off courts and remain seated at all times.
- Abuse or improper use of any equipment will not be allowed.
- During adult leagues, spectators must be 12. However, league age limits take precedence.

RACQUETBALL COURT RULES

- Racquetball Court is \$5 per person/hour (\$10 max)
- Wallyball Court fee is \$3 per adult/hour, \$2 per child/hour (\$15)
- Wallyball Youth Group fee is \$2 per person/hour (\$10)
- Racquetball Court Participation Max - 4
- Wallyball Court Participation Max - 8
- Clean change of shoes required for courts.
- Must be 12 years of age to play racquetball.
- When playing racquetball - Protective eyewear is recommended for adults, required for youth.
- Courts may be reserved up to 2 weeks in advance.
- A 24 hour cancellation notice is required when canceling court reservations. Failure to do so will result in the party being responsible for the payment of \$10 for that court.

LOCKER ROOM ETIQUETTE

- No food or drink.
- Children of the opposite sex ages 6 and over must use appropriate locker room or family locker room.
- Any vandalism or horseplay may be cause for expulsion.
- No shaving allowed in any of the locker rooms.
- We are not responsible for any lost or stolen articles. Do not leave items in unlocked lockers. Please bring your own lock and take your possessions when you leave.
- Locks left on un-rented lockers will be cut off. See desk staff about locker rentals.