Madonna ProActive
Pool Rules and Regulations

General Water Safety

Madonna ProActive is pleased to provide lifeguard-supervised swimming for members and guests. Before you jump in the pool, please review these general water safety guidelines:

- Never take your eyes off of children in the pool.
- While supervising, stay alert and avoid distractions like reading or the telephone.
- Learn basic lifesaving and CPR for children and infants
- Never dive in shallow water.
- Warn children about the dangers of pools and hot tubs.

Pool Rules

Children

- Children under the age of 13 must be supervised by an adult or guardian over the age of 18 and adults must be in the pool area. For their health, children under 13 are not allowed in the hot tubs, aqua track, steam room or saunas.
- Children 5 and younger must be supervised by an adult at least 18 years old and the supervising adult must be within arm's length of the child.
- Infants are required to wear swim diapers.
- US Coast Guard or Red Cross life jackets are recommended. Flotation devices including water rings or wings are not allowed.

Recreation

- Recreational swimming is not allowed in the outdoor or indoor pool during safety breaks. Recreational swimming in the indoor pool is strongly discouraged when lifeguards are supervising the outdoor pool.
- No horseplay or misuse of pool equipment.
- Hard balls, such as tennis, golf, football, baseball, softball or racquetballs are not allowed.
- Use of personal nerf and splash balls, noodles, and kickboards is permitted. ProActive noodles and kickboards are for class and therapy purposes only.
- When lifeguards are on duty they have the right to prohibit any behavior they deem unsafe.
- The water features are to be left off during class time.
- Street clothes and cutoffs are not allowed.

Food and Beverages

- Outside food, drinks (other than bottled water) or coolers are not allowed. Snacks may be purchased from ProActive's Commons, near the front desk.
- No chewing gum is allowed in pool areas.

Pool Hours

Monday-Thursday: 5 a.m.-9:30 p.m.
Friday: 5 a.m.-7:30 p.m.
Saturday & Sunday: 7 a.m.-6:30 p.m.

- Recreational or open swimming is allowed in the non-lap lane area EXCEPT during Swimming Lessons or Group Exercise classes.
- Swimming Lessons and Group Exercise times vary—see schedule or front desk for times.
- 2 lanes are available for Lap Swimming at all times.

Lifeguard Hours

Monday-Thursday: 5-9:30 p.m.
Friday: 4:30-7:30 p.m.
Saturday & Sunday: 1-6:30 p.m.

PROACTIVE
Medically Based Health and Fitness