



TIMONIUM AQUATIC CENTER

Thanks for your interest in swimming, exercising, and playing in the **Aquatics Center** at **MAC Timonium**. Following are the rules and regulations for our pools. Please feel free to see a lifeguard with any questions. Stay safe and have fun!

POOL GUIDELINES

- Please shower before entering pools
- No diving allowed
- Appropriate bathing attire required
- Lifestyle Pool (LCS) is for **adults only** (age 18+)
- Must be 16 or older to use Steam Room and Hot Tub
- Young adults age 16 and 17 may use the Main Pool and Therapy Pool without supervision
- Children ages 14 and 15 may use the Main Pool or Therapy Pool when supervised by parent or working with a MAC trainer
- Children 13 and under are only permitted to use the Aquatic Facility during Family Swim hours or when enrolled in a MAC program (i.e., swim lessons)
- When a class is scheduled in the Lifestyle Pool or LCS Deep Lane, members are welcome to participate in the class or exercise independently in the Therapy Pool or Main Pool

LANE SHARING

- When sharing a lane, please notify the swimmer already in lane before entering pool
- When 2 people are sharing a lane, each swimmer must stay on one side of the lane
- When 3 or more people share a lane, everyone must travel **counter-clockwise**
- Circle swimming is encouraged but not required
- Please refer to the Main Pool schedule for specific lanes and times designated for circle swimming

MAC FAMILY SWIM GUIDELINES

- Children under 15 must be supervised by a parent/guardian at all times
- Children in the Therapy Pool must be accompanied by an adult who stays **IN THE WATER**
- Children may swim independently in the Main Pool, but their guardian must remain on the deck
- The Therapy Pool ramp is for **entrance and exit only**. Children are not permitted to play on ramp
- Members are encouraged to bring their own flotation devices and toys. Please do not allow children to use Aquatic Center fitness equipment
- Children who are not potty-trained must wear a swim diaper, rubber pants and bathing suit

Family Swim Times:

Friday 4-8 pm. Immediate family members may attend at no charge. There is a limit of one guest per MAC family member with a charge of \$7/head to be collected at Reception

Saturday and Sunday 2-4 pm. Free to members, \$7 charge to any child not included on the membership.