

Senior Lap/Rehab Rules

1. Only YMCA facility members (silver and gold) **NO** Program Members can attend senior lap/rehab
2. Members **MUST BE 65** years or older to swim at senior lap times and be able to swim
3. If a member requires certain equipment (i.e noodles, barbells) for senior lap, they **MUST** make a request with Aquatic Management. Authorization to use equipment during senior lap will NOT be given to non-swimmers. Equipment permission list is on the bulletin board.
4. For Senior Lap, the side is broken into 3 lanes; if more than 3 people come Lifeguard will change everyone to circles. Circles go down the wall and up the lane line. You may pass someone in circles using the middle lane.
5. Senior lap swimmers may use kickboards and fins if they are in their own lane. If in circles kickboards and fins are not allowed.
6. Members of **ANY AGE** can use the rehab side
7. Rehab side is **REHAB** only. **ABSOLUTELY NO LAP SWIMMING** on that side
8. Rehab members may use equipment on the rehab side, and do not require special permission