

## Longmont Recreation Center (LRC) Specifics

### Lazy River & Leisure Pool

1. Inner tubes are allowed only when less than 20 people are using the river.
2. Patrons riding in the tubes must side with their bottom in the hole or hang in the middle of the tube.
  - a. No sitting on one side of the tube, rocking the tube, or stacking tubes.
  - b. One person per inner tube.
3. Patrons may not hang on the wall, and obstruct river flow.
4. During open swim, patrons must go with the current.
  - a. During Adult Swim (18 yrs +) or low usage, patrons may walk against the current.
5. Patrons must enter and exit the lazy river at the stairs.
  - a. No jumping in or out at the wall.
6. Only two spray geysers may be plugged at one time in the zero depth entry of leisure pool.
7. Do not climb up the leisure pool slides.
8. No jumping off or climbing on the white tile peninsula under the slide stairs.

### Hot Tub

1. Children 13 and under may only use the Hot Tub under parent or guardian supervision.
  - a. It is advised they limit their time to less than 15 minutes per soak.
2. It is not recommended that infants and toddlers, to be in hot tubs, due to their thin skin making them more susceptible to overheating.
3. No leisure swimming in the Hot Tub.
  - a. The Hot Tub is for sitting and soaking, not playing or submerging.
  - b. Head should remain out of the water at all times.
4. No more than 16 people in the Hot Tub at once.
5. Patrons may not sit on the stairs.
6. No PFD's.

### Heated Amenity Rules | Sauna & Steam Rooms

1. People 14 years and older may use the heated amenities without supervision.
2. Children 6-13 may use the sauna or steam room only with parent or guardian supervision.
3. Children 5 and under may not use the sauna or steam room.
4. Daycare groups are not permitted in the heated amenities.



## Aquatic Facilities

### Longmont Recreation Center

310 Quail Rd.  
303-774-4700

### Centennial Pool

1201 Alpine St.  
303-651-8406

### Sunset Pool

1900 Longs Peak Ave.  
303-651-8300

### Kanemoto Activity Pool

1151 S. Pratt Parkway  
303-774-3784

### Roosevelt Activity Pool

903 Eighth Avenue  
303-774-4455

# City of Longmont Aquatic Facility Policies for Swimmers



Interested in Swim Lessons?  
Pick up a Recreation Brochure to see seasonal  
class offerings, or call 303-774-4706 to talk  
to a Swim Lesson Specialist!

## General Rules

1. Patrons must follow instructions from Aquatics Staff.
2. Children 5 and under must have a guardian (14 years and older) actively involved in the water with them at all times.
  - a. Patrons wearing PFD (Personal Flotation Devices) follow 5 & under rule.
  - b. Guardians must pay admission fees.
3. Youth ages 11 & older may use the facility without a guardian.
  - a. Youth 10 and younger must have a responsible guardian (14 yrs or older) supervising them.
4. No profanity or disrespectful comments to staff or patrons.
5. Only G-rated displays of affection.
6. Proper swimwear is required - no jeans, undergarments, or transparent swimwear.
7. No glass containers, alcohol, cigarettes, e-cigarettes, drugs, or pets in the facility.
  - a. Service animals are excepted.
8. Safety Breaks occur from :55-:05 each hour during Open Swim.
  - a. All patrons, except adult lap swimmers, must exit the pool.
9. Walk on the pool deck.
10. Individuals must face towards the pool when jumping feet-first into the water.
  - a. Flips only allowed off diving boards.
11. No rough play, pushing or throwing people into the pool, sitting on shoulders, or launching/throwing of people in the pool.
12. Personal trainers, coaches, swim instructors, or fitness consultants other than City of Longmont employees and contractors are not permitted to train, coach, or teach, without approval of Recreation Supervisory staff.
13. Patrons are not permitted in staff areas (unless receiving first aid care).
14. Diaper dependent patrons must wear swim diapers or snug plastic pants under their swimsuit.
  - a. Diapers must be changed in locker rooms, not on the pool deck or lounge chairs.
15. Swimmers who have had diarrhea should not use pools for at least two weeks.
16. Please shower before swimming.
17. Visitors with skin infections or open wounds are not allowed in the pool until healed.
18. Do not drink pool water, spit, blow your nose, or expel waste into pool water or surrounding deck.
19. No food, gum, or drink in the pool (except water).
  - a. Keep all food, drink, and pool chairs at least 5 feet from the edge of the pool.



## Slide Rules

1. Patrons must ride the slide one person at a time, riding feet first on their back or bottom for the entire duration of the ride.
  - a. **Sunset Specific**- Riders must lay down on back with arms crossed on their chest.
2. Patrons may not catch people coming off the slides.
  - a. Riders must be able to swim independently to the ropes, and exit catch pool immediately.
3. No flotation devices on slides.
  - a. **LRC Specific:** Can use provided inner tube on purple slide.
4. No standing, kneeling, rolling, spinning or stopping on the slide.
5. No goggles worn on slides.
6. Swim wear with exposed zippers, buckles, and/or rivets are not allowed on slides.
7. Patrons may not swim in the splashdown area while slides are on.
8. When Aquatic Staff member at top of slide, wait for their instructions before going down slide.

### LRC Specific:

1. A responsible adult 14 years or older may take one small child 5 years or younger on their lap down the purple slide at the Rec Center, but they may not be in a tube.
2. Patrons must be 3'6" tall to ride the slides alone (red line on the whale), or if the swimmer is able to swim independently exit the slide catch area.

## Lap Pool Rules

1. Do not hang, sit, stand, or swim over the lane lines.
2. Lap swimmers take priority for lap lane use over users who are playing or not swimming laps.
3. Sharable lap swim equipment is for lap swim use only.
4. Lap swimmers are required to share lane lines.
  - a. Divide the lane in half or circle swim.
5. Diving blocks are only for use by a supervised program with City of Longmont staff or approved contractors.

### LRC Specifics:

1. All water basketball players must play from in the water.
  - a. No shooting from the pool deck.

## Patrons who refuse to follow rules, will be asked to leave the facility.

### Diving Board Rules

1. One person allowed on the diving board at a time, including the ladder.
2. No catching people off diving boards.
3. Jump or dive straight off diving boards.
4. One bounce, then enter pool.
5. No double or multiple bounces.
6. No handstands, cartwheels, or bouncing bottoms.
7. No flotation devices (including those built into swimwear) or goggles on the diving board.
8. No throwing or catching objects off diving boards.
9. No swimming in the diving area allowed while the boards are in use.

### Sunset Pool

1. Alert Lifeguard if you no longer want to jump off high dive. Lifeguard will assist you down.
2. No diving off the side of the pool, only from diving boards.