



Aquatic and Fitness Center

One Pool Plaza, Tonawanda, NY 14223
Phone: 716-876-7424 Fax: 716-876-3943

Facility Policies and Regulations

- All patrons are subject to the Aquatic and Fitness Center's rules, regulations and instructions from all staff members.
- Failure to abide by the rules below or instructions from staff may lead to serious injury or dismissal.
- We reserve the right to revoke memberships or to ask repeat offenders to leave the premises for inappropriate behavior and/or non-compliance with any rules and regulations.
- For the comfort of our patrons, children 4 years of age or older are not permitted in the opposite sex locker rooms. The Unisex Room and public restrooms are available.
- The Town of Tonawanda is not responsible for the loss or damage to private property.
- While in the facility, children are to remain under the supervision of responsible adults at all times.
- Refunds will only be given to patrons who are relocating out of the WNY area or with certain medical conditions. Proper documentation is required.
- Memberships privileges are nontransferable. Illegal use of a members card may result in revocation or suspension of privileges without a refund.

Fitness Room

- Patrons under 16 years of age must meet all of the facilities guidelines to use the fitness room without adult supervision.
- Children ages 13 through 15 that have completed all documentation, have been given an official evaluation and orientation by the fitness staff, may use the fitness room if a parent or legal guardian is in facility. See Youth Policy for designated hours and information.
- Only sneakers and walking shoes are permitted in the fitness room.
- Do not rest on machines in between sets. Let other patrons use the machines while you rest.
- Overcoats, jackets and gym bags are not allowed in the fitness room.
- No denim shorts or jeans may be worn while working out.
- Please observe all time limits on machines when people are waiting.
- Proper paperwork must be filled out and reviewed before an appointment for an evaluation or orientation can be scheduled.

Main Pool Rules

- Children under 8 years of age must be physically accompanied in the water at all times by a parent or legal guardian over 18 years of age. The adult must be within an arm's length of the child at all times. **PLEASE NOTE: NO CHILD UNDER 8 YEARS OF AGE WILL BE PERMITTED IN THE POOL WITHOUT THIS SUPERVISION AND THERE MUST BE A MAXIMUM RATIO OF TWO CHILDREN PER ONE PARENT OR LEGAL GUARDIAN AT ALL TIMES.**
- Please walk at all times.
- Swim suits, spandex attire, or triathlon wear must be worn in the pools. Cut-off shorts or t-shirts are not allowed.
- Only toys provided by the Aquatic & Fitness Center are permitted in the pool.
- **Only swim aids that are US Coast Guard approved are permitted in the facility. A non-life jacket wearing adult must be in the water within an arm's length of the child at all times.** If you need assistance, please ask the pool supervisor or lifeguard. **NOTE:** The use of a life jacket is not a failsafe and cannot substitute for close and active supervision by an adult.
- Please do not carry other swimmers or engage in "chicken fights" or horseplay.
- The use of profane or vulgar language will not be tolerated.
- Please do not bring food, drinks, or gum into the pool area.
- Everyone must take a soap shower before entering or re-entering the pool, whirlpool, kiddie pool, steam room or sauna.
- Patrons are not permitted on the deck of the pool in street clothes. If, for a short time, you want to take pictures or video, get the pool supervisor's permission. While on the deck, remove your shoes, boots, etc.

Kiddie Pool Rules

- Only children ages 7 years or younger are permitted in the pool. Children younger than 4 years must be physically accompanied in the water by an adult or legal guardian 18 years of age or older. **The adult must be in a swimsuit and within an arm's reach of the child at all times.**
- Children must wear bathing suits, "swim diapers," or rubber or plastic pants to swim in the pool. Cut off shorts or diapers alone are not permitted.
- Please do not jump into the kiddie pool. Use the ladder or slide in from a sitting position.
- Only toys or floats provided by the Aquatic & Fitness Center are permitted.
- Kickboards are not allowed in the kiddie pool.
- Please do not place hands or objects into the skimmer.
- Flotation devices may not be worn in the kiddie pool.

Joseph H. Emminger, Supervisor
Town of Tonawanda

Daniel J. Crangle, Councilman
Chairman, Youth, Parks & Recreation Committee

Jeffrey P. Ehlers, Director
Youth, Parks & Recreation Department

Whirlpool Rules

- Please shower before entering the whirlpool
- For your safety, the maximum time permitted in the whirlpool must not exceed 15 minutes. If you wish to stay beyond 15 minutes, please take another shower, wait 5 minutes, and then return to the whirlpool.
- Do not submerge beneath the surface of the water.
- No one under the age of 14 is permitted in the whirlpool.
- Swimsuits must be worn in the whirlpool. Cut-off shorts or t-shirts are not allowed.
- Please do not place hands or objects into skimmers.
- Please enter the whirlpool using the steps. Please do not sit on the sides of the whirlpool.
- Pregnant women should not use the whirlpool without prior medical consultation and permission from their doctor. A medical release must be filed with the Aquatic Facility Director prior to use.
- Food or drink is not permitted in the whirlpool.

Steam Room Rules

- For your added comfort, you may want to sit on a towel.
- Observe a reasonable time limit (15 minutes), then shower, cool down, and, if you wish, return for another brief stay. Long exposure may result in nausea, dizziness, or fainting.
- Individuals with heart disease, diabetes, emotional disorders, high or low blood pressure, circulatory deficiencies, hypertension, stress problems, seizures, and epilepsy should not use the steam room.
- Individuals who are on diets or are using prescribed or recreational drugs should not use the steam room.
- Please do not sleep, exercise or shave while in the steam room.
- No one under the age of 14 is permitted in the steam room.
- Pregnant women should not use the steam room without prior medical consultation and permission from their doctor. A medical release must be filed with the Aquatic Facility Director prior to use.
- Street clothing, sweat suits, shoes, etc. are not allowed in the steam room. Swim attire must be worn.
- Do not spit or pour water on the temperature probe.

Sauna Rules

- For added comfort, you may want to sit on a towel.
- Observe a reasonable time limit (15 minutes), then shower, cool down, and, if you wish, return for another brief stay. Long exposure may result in nausea, dizziness, or fainting.
- Individuals with heart disease, diabetes, emotional disorders, high or low blood pressure, circulatory deficiencies, hypertension, stress problems, seizures, and epilepsy should not use the sauna.
- Individuals who are on diets or are using prescribed or recreational drugs should not use the sauna.
- Please do not sleep, exercise or shave in the sauna.
- Newspapers, magazines, etc. are not permitted in the sauna.
- No one under the age of 14 is permitted in the sauna.
- Pregnant women should not use spa pool without prior medical consultation and permission from their doctor. A medical release must be filed with the Aquatic Facility Director prior to use.
- Street clothing, sweat suits, shoes, etc. are not allowed in the sauna. Swim attire must be worn.
- Do not spit or pour water over rocks.

Diving Board Rules

- You must be 8 years of age or older to dive from the board, unless you have passed the swim test.
- Only one person at a time on the board.
- Please wait for the previous diver to reach the side of the pool before diving.
- NO inward or reverse dives off board.
- Please bounce only once on board.
- Please walk on board.
- Please dive straight off end of board.
- Please do not loiter on board.
- Please exit diving area immediately by using the ladder closest to the guard chair.
- Flotation devices may not be used when using the diving board.