



Kiwanis Natatorium

General Rules

Please ...

WALK at all times.

NO Horseplay

Diving ONLY in 8 foot section of POOL!!!!!!

Lined Swimsuits only. NO cut-offs, leotards or thongs. **White T-shirts ONLY** may be worn in water.

Use swim diapers for non-toilet trained patrons.

Change diapers in restrooms at designated changing stations.

Children 8 and under must be directly supervised by Parent or someone 16years of age or older wearing a swimsuit!!

SCS Play Structure and Frog Slide is intended for those 8 and under or less than 90lbs. Feet-first sliding only.

Children using water wings and small rings as floatation, must be accompanied by an adult in the water. The CENTRE recommends that U.S. Coast Guard approved Lifejackets be worn.

NO tennis balls, water guns or Frisbees that may disrupt other patrons visit.

Shower using soap and rinse thoroughly before entering the water.

No swimmers with open wounds, rashes, or infectious/communicable diseases. Swimming casts are permitted.

Any one under the influence of alcohol or other intoxicating substances will not be admitted use of the facility.

Food and Drink in Designated areas only, Concession and Patio area. NO Gum, glass or coolers.

No spitting.

No climbing on or jumping over pool islands or peninsulas.

Enter VORTEX through the water entrance; do not jump form side of deck.

No hanging or climbing on railings, lane lines or lifelines.

NOTE: Various Attraction(s) may be closed during low attendance or for special programs.

NO public display of affection in Natatorium.

Description of Public Swim Times

OPEN SWIM: Here's your chance to splash and play in The CENTRE's indoor aquatic center. Try the adventure of our two-story water slide, take a trip around the lazy river, or go for a spin in the vortex. Smaller kids will enjoy the children's play area and frog water slide. Lap swimmers, lap lanes are subject to closure to accommodate aquatic programming on Monday-Thursday evenings. Please call ahead for availability.

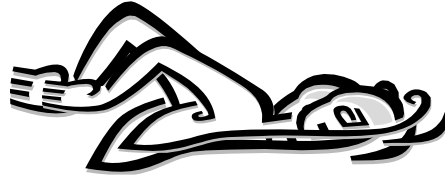
LAP SWIM: Fitness swimmers please attend these special hours that are just for you. You'll find these times perfect for swimming a few lengths in the lap pool area. Water walking against the current in our lazy river will be available during the morning and evening sessions.

FAMILY PLAY: Parents and children gather 'round! Here's your chance for water fun in the leisure pool and children's water play area. Daily admission or membership required. The two-story water slide and lap pool area are not available for water play at this time. To enjoy our giant water slide, please join us during open swim hours.

THERAPY POOL: Looking for a warmer body of water for exercise or relaxation? Our heated therapy pool will be the spot for you! Because this special pool is also used by the hospital for patient treatments and serves as the splashdown pool for our giant waterslide, it can only be made available to the public during limited hours.

Special Hours may be observed on holidays or when Rolla Public Schools are out of session.

Please check the Rolla Fun Times or call 341-2FUN for specific dates and times.



LAP SWIMMING ETIQUETTE

1. When speeds are posted, please swim in appropriate lane for your skill level.
2. When a third swimmer enters a lane, a circle swim format should be used by swimming on the right side at all times.
3. To pass someone tap them on the foot and wait until they reach the wall before passing. The swimmer being passed should stop at the wall in the corner of the lane to allow swimmer to pass.
4. 1 mile = 5280ft, pool is 75ft(25yards) in length, 70.4 lengths or 35 laps = 1 mile.

SLIDE RULES

Caution: If you are pregnant, have fear of heights, or have heart or back problems do not use slide.

You must be a minimum of **42" in height**.

Only one person at a time on the slide.

DO NOT stop, stand, kneel, or rotate on the slide. Keep hands and feet close to body at all times.

Feet-first, laying on back or in sitting position while on slide.

Do not catch sliders as they exit the flume.

Wait for attendant's signal on top or bottom of slide before entering slide flume.

No goggles, fins, glasses, metal watches, or suits with metal zippers, buckles, rivets, buttons or metal ornamentation.

No LIFEJACKETS, WATER WINGS, OR OTHER FLOTATION DEVICES.

Exit catch pool as quickly as possible using stairway.

THERAPY POOL

CAUTION: If you are pregnant, have high blood pressure or are on medications, consult your physician prior to use.

Prolong use may cause swimsuits to fade due to sanitizing chemicals.

You must be **16** years of age or older.

No more than 10 people in spa at one time.

No open sores or rashes.

Wear proper swim attire.

NO OIL-BASED lotion products.

Shower before Pool entry.

CHILDREN'S PLAY AREA

Please ...

SCS Play Structure and Frog slide is intended for children 8 and under.

NO running, climbing or pushing.

Slide feet first on back down the frog slide.

Frog Slide weight limit is 90lbs.