

Pool Tips to Help You have a Safe and Enjoyable Experience in the Aquatics Area!

Safety

*Please shower before and after getting in the pools or hot tub. Proper Hygiene is important to maintain proper water chemistry. This can also help prevent your skin from being dry and itchy.

*Remember the pool area is a wet environment. Please, no outside shoes allowed. You should wear water shoes to prevent you from slipping in pool area.

*Do not cross under the roped area unless you can swim. That area is 6 ft. deep. IF you cannot swim, please take the opportunity to get swim lessons. These are offered at LIFT. See the front desk or www.liftjackson.com for a list of swim instructors.

*Please inform the pool tech or the class instructor if this is your first time in the water or if you are a little uneasy about it. The pool tech can watch you a little closer if you feel uneasy in pool.

About the Pools

*No cotton clothing allowed in pools, only a swim suit, or shirts/ shorts made of polyester or jersey material can be worn in the pools.

Recommended temps from Arthritis Foundation and USA Swim Foundation:

91-95 degrees for Therapy and Rehab

80-84 degrees for Multiple Sclerosis

86-90 degrees for Arthritis

86-96 degrees for Fibromyalgia

84-88 degrees for Aerobic activity

78-82 degrees for Lap swimming

*Temperatures in the pools are set, but can vary by a few degrees.

Warm water set at 92 degrees, will vary between 90-92 degrees

Depths are 3 ft. to 5 ft. with a deep water well of 6 ft.

Lap pool is set at 84 degrees, will vary between 82-84 degrees

Depths are 3ft.and 5 ft. in the center.

Lap pool is 75 feet or 25 yards.

Hot tub set at 102 degrees, will vary between 100-104 degrees

Depth is 3 ft. If you notice the hot tub temperature is greater than 104, please exit the hot tub and alert a pool technician. To avoid overheating, please do not ever stay in the hot tub any longer than 10-15 minutes at a time.

If you have any other questions regarding the aquatics area, please contact Gina Campbell at Gina.Campbell@wth.org or 425-6855