Program Pool Rules

- This pool is designed for FLC swim classes, water based therapy/rehabilitation/infant water awareness.
- Children aged five (5) years and over are not permitted in the Program pool.
- Children under the age of five (5) years must be constantly supervised by an adult. Adequate supervision requires the parent/guardian to accompany the child in the water/surrounds and remain within arm’s reach of the child at all times.
- Children over the age of three (3) years are not permitted in the Program pool between 1 October-31 March (summer months).
- No jump or dive entries permitted unless under class instruction from a FLC swim instructor.
- Entry and exit from stairs only, stair area to remain clear at all times.
- No running on pool deck/surrounds.
- Babies, children and persons suffering incontinence and who ordinarily wear nappies must wear an aqua-nappy/swim wear that must have elasticised legs and waist.
- During swim lessons the Program pool is unavailable for casual use.
- Please respect all pool users, report antisocial/misbehaviour to lifeguard.

Reserved for Therapy/Rehabilitation

Please note that Monday to Friday – 5.30 am to 7.30 am is reserved for therapy/rehabilitation.