

2026 Upper Highlands Swim Club Rules

Upper Highlands has a rich history of safety. As you spend time at our facility, you'll hear whistles reminding our kids to slow down. You'll see lifeguards reminding kids on the diving board to wait patiently while the previous individual exits the pool safely. All of this is for one reason, safety. We take it seriously and as a result, you have permission to relax while at our facility.

- All attendees must abide by the Club Manager, Staff, and Rules. Failure to do so may result in your expulsion from the pool grounds for a time determined by the club's Board of Directors.
- Upper Highlands Swim Club is managed and run exclusively by club members and volunteers. Please do your share to keep the costs down and the club clean. Respect all the rules and property of the club.
- ENTRY/BABYSITTERS: Members must be age 12 years old or older to attend without an adult, providing they can tread water/swim and there are no documented disciplinary problems. Members under 12 years old must be accompanied by a responsible person 15 years of age or older while at the pool and must remain with them for the length of the visit.
- FOOD/DRINK: Coolers and food may be brought into the pool grounds. NO GLASS or Alcoholic Beverages Allowed.
- CLEAN UP: All members are required to report spills and to clean up all trash they create, and to leave areas they use clean. The manager may ask you to return and clean your area.
- RUNNING/HORSEPLAY: There is no running or rough play in or around the pool area at any time. No spitting or spouting water, blowing the nose, or otherwise introducing contaminants into the water.
- DIVING BOARD: Divers must use the diving board alone. No one may be accompanied going up or off the diving boards. No one may "catch" any other person off the diving board. No Diving into shallow water.
- BREAKS: 10 minutes till the top of each hour, it is adult swim only while lifeguard(s) are on break. During this time infants and small children who cannot swim on their own may accompany an adult in the pool.
- SAND: When exiting the sand, you MUST shower off before entering either pool.
- INFANT POOL: No children over age 6 are to be in the infant pool. This includes during adult swim. No chairs or other non-approved items are to be in the infant pool water.
- BABY SPECIALTY DIAPERS: Children needing diapers must wear approved "swimming" specialty diapers. State and county law require the pool to SHUT DOWN to cycle water (takes several hours) for infant accidents.
- SMOKING/VAPING: Smoking/vaping of any kind is prohibited outside of the provided smoking/vaping area. The smoking/vaping area is the area close to the charcoal grills located along the brick walls near Parkdale Ave.
- BEHAVIOR: Anyone acting obnoxious, under the influence, or disturbing other members in any fashion may be warned or asked to leave the club premises immediately.
- GRILLS: Grills are provided for our guests to use, but please leave them clean after each use. Please notify staff if propane levels are low or more is needed.
- No pets (other than service animals on the pool deck – but not in the water), bicycles, skateboards, roller skates, scooters, etc. are allowed inside the pool gates.
- BUILDINGS: Only Club personnel are allowed in pool buildings.
- GUESTS: All guests must pay a \$5 guest fee on the day of arrival (Saturdays, Sundays, and Holidays are double guest pass days = \$10) unless guest passes were purchased in advance through the member management system. A guest may attend a maximum of 10 times per season, regardless of which member they attend with. All guests must be accompanied with a member at all times.
- POOL PARTIES/POOL RENTAL: Pool parties may be scheduled by contacting the Board of Directors at SwimUpperHighlands@gmail.com. Cost depends on availability, size, and event.
- These rules may be revised or adjusted at any time as determined by the Board of Directors.