

Welcome to the Amherst HealthPlex Pool!

Reminder to Parents: All children under the age of 8 must be within arm's reach by an adult (18 years or older) at all times while in the pool. Children ages 8-12 must have an adult in the pool area while using the pool. Children ages 14-17 may use the pool after signing in at the front desk.

Floating Devices: An adult must be in the water with any non-swimming child wearing a lifejacket and be within arm's reach of the child. Noodles, water wings, suits with floatation devices, inner tubes, kickboard and rafts are NOT PERMITTED in the pool. Only Coast Guard approved lifejackets are permitted in the pool. Noodles, water belts, hand buoys and kickboards are for adults and Amherst HealthPlex programming only.

Non-Toilet Trained Swimmers: Swim Diapers are required at this facility. Swim Diapers and swim suits are to be changed in the locker room or family changing room, not on the pool deck or hallway. A fecal accident in the water is a health hazard and requires the closing of the pool for a minimum of 30 minutes.

Eating/Drinking: Food is not permitted in the pool area/decks. Please take all food to the front lobby or meeting room. Plastic water bottles (water only) are permitted (no pop or Gatorade permitted)

Therapy Pool: The Therapy Pool is a warm water pool with the temperature between 87-89 degrees. Mercy Hospital will be conducting water therapy Monday-Friday 8am-5pm. During this time the Therapy Pool and Hot Tub will be closed to the public. Adults (18 & over) can use the Therapy Pool 6-8am & 5-8pm M-F and all day Saturday and Sunday. Children ages 8-17 can use the Therapy Pool Saturdays & Sundays from 12-2pm. Children under the age of 8 are not permitted to use the Therapy Pool.

Hot Tub: The Hot Tub is located in the Therapy Pool Room. The water temperature is kept between 101-103 degrees. You MUST be 14 years and older to use the Hot Tub. Please limit time to 15-20 minutes. The Hot Tub will be closed Monday-Friday from 8am-5pm.

Slide Height: The slide in the Main Pool has a minimum height requirement of 48 inches. This is a state requirement and we adhere to it strictly. We have a measurement device at the top of the slide that the lifeguard will use to measure every child every time. The splash down pool is also 48 inches deep.

No Head First Diving: Both pools are shallow (4-6 feet), NO DIVING is permitted in either pool.



Proper Swim attire: Swimmers must wear bathing suits. Any swimwear deemed inappropriate by management is not permitted. Cutoffs, gym shorts, and leotards are not permitted.

Toys: Toys such as diving rings and soft sticks are permitted but may not be thrown or used inappropriately. Soft sponge balls and beach balls are also permitted. Rafts and inner tubes are not permitted. Lifeguards and staff reserve the right to restrict the use of toys at any time.

Inclement Weather: Amherst HealthPlex will close all pool/spa areas for any thunder or lightening. The pool areas will be closed for 30 minutes after the last thunder/lightening was detected. No one will be permitted on the pool decks when they are closed.

Learn to Swim Program: See the Front Desk for current information on date and times of all classes. Classes will be held in the main pool. No spectators will be permitted on the deck during all Learn to Swim Classes. Spectators are permitted to watch from the windows or observation area on the second floor.

Splash Pad: Located on the Inclusive Playground next to Amherst HealthPlex, it's a zero-depth water area with 9 different water features. Proper swim attire is required. Splash pad is operational Memorial Day-Labor Day 10am-8pm Monday-Saturday and 12-8pm on Sundays.

Thank you for your adherence to these rules and we wish you a safe and enjoyable experience at the Amherst HealthPlex

