

Las Palmas Pool

NATIONAL CITY • CA

Please adhere to the following to assure a pleasant experience for everyone

1. Las Palmas Pool is available at a preferred rate for residents of National City.
2. Photo I.D. and completion of guest registration is required prior to participation.
3. All patrons under the age of 14 must have direct parent/guardian supervision by someone over the age of 18.
4. Children ages 6 and under must be accompanied in the water by a parent within arm's reach at all times or in a coast guard approved flotation device. Children wearing coast guard approved flotation devices must have a parent directly supervising them at all times.
5. For your safety, all patrons under the age of 18, will be required to complete a swim test* in order to swim in the deep end. Any patron under the age of 18 who cannot successfully complete the swim test will be required to provide a coast guard approved life jacket if they wish to swim in the deep end. The swim test will consist of the following:
 - 20 meter swim without stopping
 - 1 minute of treading water without stopping
6. Youth ages 14-17 must complete a swim test and Youth Swim orientation/agreement*.
7. Disposable swim diapers **and** plastic pants are required for children under the age of 3 or those who are not toilet trained.
8. Please wear appropriate swim attire. Street clothes are not permitted.
9. Water toys including balls, noodles, etc. are not permitted in the pool.
10. For your safety, prolonged breath holding and hypoxic training are not permitted at Las Palmas Pool
11. Lap Lanes are reserved for lap swimming only. During busy hours, sharing lanes and circle swimming will be required.
12. Only US Coast Guard approved flotation devices are permitted in the pool.
13. Families must provide proof of age upon registration for Las Palmas Pool programs.
14. All patrons must shower prior to using the pools. This helps keep the pools clean for everyone.
15. The Las Palmas Pool is a family friendly facility. The following are prohibited on Las Palmas Pool property: diving, dangerous jumps, roughhousing, glass of any kind, alcohol, animals (unless service-certified), skateboards, profanity, and/or excessive displays of public affection.
16. Please respect our pool equipment and ensure it is used properly and put away after use.
17. The lifeguards are here for your safety and have the final authority. Failure to abide by the Las Palmas Pool policies may result in removal from the pool.
18. Food is only permitted in designated areas and is not permitted in the water.
19. For your safety and the safety of others, any patron believed to be under the influence of drugs or alcohol will be asked to leave the Las Palmas Pool property.
20. Kickboards and pull buoys are for lap swim only.
21. Children ages 5 and older must use their gender specific locker rooms to change. A family changing room is located on the pool deck for your convenience.
22. Please report any suspicious activity or patrons immediately to a Las Palmas Pool staff member.
23. The water slide may only be used under direct supervision from a Las Palmas Pool staff member. Slide riders must abide by the following requirements:
 - All riders must be at least 48 inches tall
 - Slide down feet first on your back
 - Goggles, bathing suits with rivets and life jackets are not permitted on the slide
 - Standing, spinning or other dangerous behavior will not be tolerated.

* Swim tests and youth orientations are offered on certain days and times. Please check our pool schedule

