RELAX AND ENJOY

HOT TUB GUIDELINES

• Hot tub users should shower before entering tub.

• For safety, please keep hot tub usage to 15 minutes per hour.

• Persons over 12 years of age may use hot tub.

• Spa use is discouraged for persons with: high/low blood pressure, diabetes, heart conditions, respiratory issues, epilepsy, seizure disorders or for women who are pregnant.

• Remain above water at all times. Submerging can lead to serious injury.

• Avoid using hot tub if under influence of substances that may cause drowsiness or high/low blood pressure.

• For more information, please visit your YMCA branch website.

AustinYMCA.org