



Wellness Center

SWIM LESSONS

May 2022

Welcome to swim lessons at the Wellness Center! Our goal is to ensure each student learns basic water safety skills to be safe in, on, and around the water. We work to assess each individual student's level and then help them to gain the necessary skills to feel secure and confident in the water.

Please review the following pool rules and recommendations to ensure a positive swimming session:

1. **Payment must be submitted prior to first lesson.**
2. **Please bring a pair of swim goggles. (Look for anti-fog/anti leak goggles that fit snugly on your child's face). Adult goggles and caps can be purchased at the front desk. (ask the instructor if you are unsure)**
3. **Please wear appropriate swimwear, i.e., rashguard/neoprene top if child gets cold easily. (Note: Indoor pool temperature kept between 82-84 degrees).**
4. **Please have children attend to bathroom needs before lessons.**
5. **Children 4 and over ARE NOT ALLOWED IN LOCKER ROOMS of opposite sex. Please use restrooms on pool deck.**
6. **Bring extra towel and dry clothes to change into.**
7. **Use Swimmer's eardrops after session if needed.**
8. **Children are not allowed to play in the water either before or after swim lessons.**
9. **We can not allow siblings of children taking lessons to play in the water.**
10. **Once you bring the child into the pool area, please remain in the building until the lesson is over. Parents MUST STAY IN THE BUILDING until child completes lesson.**

Cancellation Policy:

Missed appointments will be deducted from your package of swim lessons. Please be ready to begin lessons on time. Extra time will not be added to the lesson if you are late as lessons are booked back-to-back. We understand that emergencies do happen; we will handle these by each specific incident.

I have read and understand the guidelines and rules above.

Date: _____

Sign Your Name (Parent or Guardian): _____

Print Your Name (Person signing): _____

Name of person(s) taking lesson: _____

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