

**ST. MARYS AQUATIC CENTER
SWIM LESSONS**

PARENT INFORMATION

Dear Parents:

Thank you for enrolling your child in the American Red Cross Learn-to-Swim program. We have some guidelines that will make your child's swim experience a positive one.

1. It is advised that parents "disappear" during lessons. Most children respond to the instructor better if parents are not in plain view. We will allow parents at poolside on Thursdays to see progress. You are welcome to sit by the lap pool, just not poolside, please.
2. Recreational swimming is not allowed in the park during lessons.
3. Please have your child well rested and ready to swim on time.
4. Please restrict food consumption within one hour of lessons. If a child gets sick in the pool, we must close it. Children frequently take in water which upsets the stomach causing them to vomit.
5. Please bring correct swim attire-no cut-offs, jean shorts, etc. Water babies and pre-school children (if not potty-trained) must wear a swim diaper while in the pool. If you forget them, we sell them in our Gift Shop.
6. If a lesson is rained out, we will make them up on Fridays. Please call the office to find out if classes are being held.
7. Swimmers are allowed to wear goggles, but no full masks. They make it hard to learn how to breathe properly.
8. Don't forget sunscreen and hats for the babies. Sunburn can occur in a short time and even while you are in the water.
9. Remind your child to listen to their instructor and to only enter the water when instructed.
10. A Lifeguard will be on duty during all lessons to insure the safety of all swimmers.
11. Cancellation Policy: We appreciate 3 days notice if you must cancel your child's spot. This allows us to fill the class from the waiting list. Refunds will be given with proper notice or for medical reasons. We can also move the child to another session, if needed.

Thank you again for choosing the Red Cross lessons at the St. Marys Aquatic Center. If you have any questions or concerns, please do not hesitate to contact the Aquatics Director or your individual instructor at 673-8118.