

**ST. MARYS AQUATIC CENTER
SWIM LESSONS**

PARENT INFORMATION

Dear Parents:

Thank you for enrolling your child in the St. Marys Aquatic Center's 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. You are welcome to sit by the lap pool, but 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. Arrive early and have your child visit the restroom before class is also very important.
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 and cause them to vomit.
5. To avoid choking students should not have any thing in their mouths during lessons.
6. Please bring correct swim attire-no cut-offs, jean shorts, etc. 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.
7. 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.
8. Swimmers are allowed to wear goggles, but no full masks. They make it hard to learn how to breathe properly. We suggest that you have these at least 2 weeks prior to lessons and allow the child to get accustom to them in the pool, shower or bath.
9. Don't forget sunscreen and hats for the babies. Sunburn can occur in a short time and even while you are in the water. Apply Sunscreen at home to give it time to soak in and prevent your child from being too slippery during lessons.
10. Remind your child to listen to their instructor and to only enter the water when instructed.
11. A Lifeguard will be on duty during all lessons to insure the safety of all swimmers.
12. 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 swim lessons at the St. Marys Aquatic Center. If you have any questions or concerns, please do not hesitate to contact us at 673-8118.