

SWIM LESSON RULES:

- Class sizes are limited to enforce safety and distancing.
- Please do not enter the pool area until instructed to do so and please exit promptly after your lesson.
- Must attend only at designated day/time slot. Please be on time. No trial lessons.
- Please email if you are going to miss a lesson. 2 consecutive absences without notification will result in loss of class spot. Once your spot is given to a different participant, you must re-enroll and be put back on the wait list.
- Currently limited to 1 lesson slot per week per participant.
- Our lessons are for children starting at age 3. Group lessons are for 3-12 years. Teen/adult lessons are for those 13 and older.
- Please make us aware of any special needs and/or accommodations needed in advance.
- *It is very difficult for us to predict exactly when a participant will be swimming independently.* Some swimmers require numerous sessions to advance especially if they are fearful at the start. Please be patient with swimmers and Staff as this experience is different for every person. Also, at the beginner level, swim skills will be repeated each week to encourage confidence in the water and buoyancy.
- A swim test can be requested at any time you feel the participant is ready to move up. Please make this request at the start of the class so the Instructor can plan to test at the end of the class. **It is the Instructor's discretion if/when a child advances to Intermediates.** During, intermediate/advanced lessons – Instructors will sometimes be in the pool and other times up on the deck to view technique. This will depend on the ability of the participants and the skills they are working on that class.

POOL RULES

- No running or diving. (This is a shallow pool.)
- Children 12 & under may not use the pool without adult (18+) supervision.
- Must be 17 years of age to use whirlpool or sauna.
- Appropriate bathing attire must be worn at all times in the wet area.
- No shaving or creams of any sort in the pool, sauna, whirlpool or pool area.
- Free swim is NOT permitted during exercise classes or swim lessons.
- Please check pool schedule for Lap, Exercise, & Family Swim times as well as the pool door for closings/events.
- Families are to use the co-ed Family Changing Room upstairs not the men's and women's locker rooms; No boys (of any age) permitted in the women's locker room.
- Any beginner swimmer who cannot swim independently across the pool at 5 feet must wear a floatation device for Fun Swim and Family Swim.

For more information, please email April Pierce

apierce@northeastracquet.com (215-671-9220 X141)