

Gene Fullmer Fitness and Recreation Center

Group Swim Lesson Information

In order to maintain quality instruction and a safe, clean environment for learning, we ask participants and spectators to observe the following guidelines:

1. **Students must wait for the instructor to start class before entering the water and must exit the water immediately after class is over. Lesson fee covers the 30-minute lesson only and does not include any additional play or practice time.** Those who plan to swim in open plunge before or after any lesson must pay the daily admission price or scan their family membership pass when entering the facility. Family members watching or waiting for a student who is in class may not swim unless they have paid the daily admission fee or membership.
2. Health codes prohibit **food, drinks, chewing gum and glass containers** in locker rooms or in the pool area. Please consume food and drinks out in the lobby area.
3. In order to maintain clean, clear water, we ask that students **wear swimsuits** and refrain from wearing cotton t-shirts or other articles of street clothing. On a designated day during some sessions, students may be asked to bring a set of clothes to practice emergency drills. If possible please bring clothing made of nylon or polyester/swimsuit-type material instead of cotton.
4. **Shoes are required for all guests when entering/exiting the building and when leaving the pool area.** Bare feet and dripping swimsuits are **safety hazards** in the lobby and hallways beyond the pool and locker rooms. Please enter the pool area with clean shoes.
5. Have your child **use the restroom, wash hands, and take a shower before class.** This will keep the pool clean, reduce eye and skin irritation, and help control recreational water illnesses.
6. We welcome you as a spectator during our lessons – please remain seated on benches away from the water. For maximum learning and safety, students must keep their attention on the instructor. **Only enrolled students may be in the pool, and only during assigned class time.**
7. To prevent obstructed vision and distractions, **long hair** should be tied or covered with a cap.
8. Students ages 5 and older must use the **appropriate gender locker room**, or use the family change room accompanied by a parent (this room is not to be used by unattended children).
9. **Credit** will be given or **make-up classes** will be scheduled only for problems that cause pool closure for the entire class, such as chemical, mechanical or electrical problems.
10. Children start at different points and learn at different rates. **Some students may need to enroll in the same level more than once to learn all of the required skills.** Smaller students may need more strength or stamina that comes with physiological maturity and growth, and may be unable to progress through the levels at the same speed as an older student.
11. **Bring your child to swim during our family swim times** – it is important for their progress.

Thank you for your cooperation. Your child benefits directly from your participation in creating a healthy, positive and safe learning environment.