



Dear Parents/Guardians,

Welcome to the Riverside Swim School's Group Swimming Lessons! We are excited to be able to offer you this service and it is our goal to be sure you are satisfied with the experience.

Here are a few helpful hints when taking a swim lesson course:

- **Make Up Days Only offered if practices are cancelled by Riverside Swim School**
- **No parents allowed around the pool deck:** Due to liability rules the parents are asked to stay on the bleachers located away from the pool area. This also allows the swim instructors to get the swimmers' attention without distractions. Swim instructors and myself will help your child with towels and getting to you after the lesson.
- **Girls and Boys Locker Rooms:** These locker rooms are located on either side of the office in the pool area. Your child may change before and/or after lessons in these locker rooms. They have individual restrooms, showers and changing areas.
- **Restrooms:** If your child needs to use the restroom during the lesson, **we ask that you escort him/her** to the locker room for liability and safety reasons. An instructor will bring him/her to you and then you may take him/her to the locker room.
- **Towels and Goggles:** Children will need to bring their goggles with them to each lesson. They will also need a towel, but they may leave the towel with the parent/guardian until after the lesson.
- **Be Prompt:** Allow plenty of time before and after class for showering and dressing. Children sense tension caused by hurry. Plan to be ready a few minutes before your lesson starts.
- **Attend Every Lesson:** Frequency is the key to adjustment and learning. Children may regress quickly if not allowed practice.
- **Flotation Devices:** Children are not allowed to wear flotation devices during swim lessons. These devices hinder the child from learning how to swim properly.
- **Give Praise:** Recognize your child's efforts, no matter what and how small the accomplishment.

At the completion of each session, your child will be evaluated on the skills acquired in his/her class. An evaluation sheet will be given to your child to notify you whether they have remained in the same level or have progressed into a new class.

If there are any other questions about these lessons offered by Riverside Swim School, please feel free to contact Kathy Collings. Thank you for your time and the opportunity to help your child grow as a swimmer.

Kathy Collings 945-9704, kcollings1@sbcglobal.net

