

# Swim Lessons First day

- Welcome to the Jenison HS Aquatics Center we are very happy to have you here.
- We have a lot of information for you to look at, ARC newsletters, report cards, and our “Some Things to Keep in Mind” documents (also available online).
- Before each lesson we encourage you to bring your child on deck to acclimate them to the size of our pool and help them feel safe and secure until attendance is taken. Please bring a towel on deck for after class, as well. After your child has been called by his or her instructor, if your child is in level 1-5, give a wave and feel free to find a seat in our lobby or do whatever you choose for the next 40 minutes.
- We ask that everyone walks on pool deck. Parents please make sure that younger siblings remember to walk, also. Please remember the bleachers are very slippery, as well. Do not allow children to run or hop on the bleachers.
- We have a sliver line/grate on the deck that goes all the way around the pool area. Please stay behind that line for your safety. We may be finishing paperwork or getting equipment out for our next lessons without constant supervision of the deck.
- **Level 1-5** parents are invited to watch the first and last day **only**. Please come back onto the deck one or two minutes before the end of class to come pick up your child. You may **not** watch from the balcony. **Preschool parents** are invited to view **all** classes from the bleachers on deck. If you have a child in level 1-5 lessons and preschool, you may stay as long as both are able to follow the directions of the instructor.
- We ask that every child showers before lessons. Showering is a health code mandate we must follow. It also helps us to keep our pool very clean for all patrons.
- Children with long hair **must** have their hair tied back/up. If you forget a hair-tie, we have rubber bands available in the office. Bobby pins/metal pieces are strictly forbidden in the pool area as when they fall out they permanently rust our pool bottom.
- Have your child go to the bathroom before class. We will of course let them go during lessons, but we want to maximize our time in the pool together without interruptions if we can help it.
- If you are the same gender as your child attending swim lessons (for example, moms with daughters/dads with sons) please use the men’s or women’s locker rooms. If the family locker room is crowded feel free to change in the family locker room and shower behind the diving boards.
- Safety day is a mandatory day for passing swim lessons and is always the 4<sup>th</sup> day of each session. If you have a lifejacket please feel free to bring it that day. We do have enough for everyone but feel free to bring your own. Please check to make sure lifejackets are Coast Guard approved.
- When you come to pick your child up please come on deck to pick them up so we know they are safe and going home with the right person.
- Any unsafe behavior on deck or in the water will be addressed immediately by the instructor, who will bring it to the parents’/guardians’ attention after class to resolve any issues.
- Our goals are: safety, fun, progression. We only pass swimmers to the next level when they safely complete all of the skills for the level they are enrolled and will be able to fully participate in the next recommended level safely.