

Parent Information Sheet

General Class Information:

- Always use the front door of the facility.
- Parents must remain in the building during swim lessons, preferably on the pool deck.
- If your child is under the age of 6 you should be directly supervising them during class.
- Please stay with your child on the pool deck until the instructor arrives. Please do not allow your child to swim before lessons.
- Because of the limited pool instruction space we do not allow free swim during lesson time; therefore, siblings should not play during class times in the shallow instruction area.
- Please pick up your child promptly at the class ending time as we may have another program starting.
- Make-up lessons: We provide up to two make-up lessons should **we be unable** to provide a class due to instructor illness or weather. If the scheduled make-up lesson is cancelled due to weather there is not an alternate make-up class offered. We do not offer make-up lessons should your child be unable to attend class or a make-up class. Make-up lessons will be on Fridays or the week following the session. Please plan for this in your schedule. Alternate make-up classes are not offered if your child is unable to attend.

Non-Member Information:

- Non-members may only use the pool during the swim lesson time for which they are registered.
- Please bring a towel.
- You are welcome to use the family changing rooms on either side of the hot tub.
- If you are not a member of the fitness center we ask that you and your family please not use the pool during lessons.

Aquatic Center Guidelines:

- *The pool will be closed and class will be canceled in the event of an electrical storm. Up to two classes may be rescheduled by the instructor. Please call ahead at 919-258-2100 if you suspect electrical storm activity.*
- Members with children under eight (8) years old must always be in the water with them except during their swim lesson.
- If your child has a cough, cold, fever, an infection, open sore, rash, or feels sick, please do not allow him/her to participate.

*Thank you for choosing FirstHealth Fitness Aquatic Programs.
Our aquatics staff is dedicated to making swim lessons a positive experience for you and your child.*