



Parent Information Sheet

Inclement Weather/Cancellation Policy:

In the event of an electrical storm, the pool will be closed, and class will be canceled. Up to two classes may be rescheduled by the instructor. Please call ahead if you suspect electrical storm activity.

Pinehurst (910) 715-1800
Southern Pines (910) 692-6129

Raeford (910) 904-7400
Sanford (919) 258-2100

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.

General Class Information:

- Parents must remain in the building during swim lessons. 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.

Non-Member Information:

- The Kids Center (715-1814) is available for members and non-members to use while their other children are in lessons. Reservations should be made at least 24 hours in advance.
- 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:

- If your child is over 3 years old, they must use the same sex bathrooms. Please use the family changing rooms on either side of the hot tub.
- Please bring a towel.
- 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.

Parent/Child Class Information: (Ages 6 months – 3 years)

- These classes are held at our Southern Pines Center. To register call 715-1841.
- The American Red Cross Infant Program we offer is designed to help infants and young children become comfortable in and around the water, so they are ready to learn to swim. This program is *not* designed to teach children to become good swimmers or even to survive in the water on their own. The program gives parents information and techniques to help orient their children to the water and to supervise water activities in a safe manner.

*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.*