

Swimming Lesson Rules

The Center for Health Improvement is pleased to have your child participate in the American Red Cross aquatics program. Your child will have the opportunity to experience water play, water safety, and develop lifelong swimming skills. We sincerely hope that your child enjoys their aquatic experience with us. The following information will help create a safe, positive experience for you and your child.

- Praise your child. Reinforce all skills you want your child to repeat.
- Be positive.
- Have patience. Children progress at their own rate in swimming readiness, just as in all other areas of development.
- Please try to attend all classes and be on time for class.

To ensure safety of all participants please follow the Aquatic Center rules below:

- All children must use the family locker rooms or auxiliary rooms (located in the aquatic center's east end).
- No drinks, food, or gum allowed in the pool area.
- Children who are not potty trained are required to wear swim diapers.
- No child may enter any pool at any time except during their scheduled swimming lesson time with their instructor.
- We ask that parent(s)/guardian(s) to remain in the aquatic center during lessons in case your child needs assistance during lessons (i.e., using the restroom).
- If additional children are brought to the aquatic center during lessons, please keep the child(ren) seated and off all equipment in the area.
- Please avoid using the spa as a place to sit during lessons. We encourage you to use the bleachers for seating to minimize distractions for the children and members.
- If your child(ren) are ill:
 - Group Lessons: Missed classes due to illness will not be rescheduled. If your child(ren) experiences ongoing medical issues, please contact us to discuss options.
 - Private Lessons: Contact your instructor to cancel your child(ren) lesson(s). Make arrangements with your instructor to make up missed lesson(s).
- The pool will be closed, and swimming lessons will be cancelled in the event of inclement weather.
 - Group Lessons: Up to two classes may be rescheduled by the instructor. Please call ahead 785-623-5900 if you suspect electrical storm activity.
 - Private Lessons: The instructor will contact you to reschedule the missed lesson.

Parents are responsible at all times for the safety of their children.

To protect the privacy of The Center Members, please follow the Cell Phones/Camera/Mobile Electronic Devices/Photographs/Video rules below:

- The use of cell phones, cameras, or other mobile electronic devices ("Electronic Devices") in the locker rooms, restrooms, exercise studios, Aquatic Area, or locker room lounges is **strictly prohibited**.
- Electronic Devices may not be used when a Member is using any fitness equipment or weight machines, unless the Electronic Device is used solely to listen to music, watch a pre-recorded movie, read a digital book, play electronic games, or track the Member's exercise routine. Headphones must be worn any time a permitted use of the Electronic Device includes audio. Cell phone ringers must be turned to silent or vibrate at all times while in The Center.
- Cell phones may be used in **designated cell phone usage areas only** (Juice Bar and Breezeways), and conversations should be:
 - Limited to urgent use only; and
 - Conducted as quietly and briefly as possible, so as not to disturb others;
- Photographs/Videos: Taking any photos or videos in The Center is strictly prohibited without obtaining prior verbal authorization from the Water Safety Instructor.

We know that this will be a fun and rewarding time for each child. Do not hesitate to talk to the instructor at any time before or after class throughout the program.

A course evaluation will be emailed to you upon completion of the lessons. The information you provide is greatly appreciated and allows us to continue to offer high quality swimming lessons at The Center for Health Improvement.

For more information

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