



## Dear Parents/Guardians:

Thank you for choosing the Drumheller Aquaplex for your swimming lessons. Below are some guidelines for our swimming lessons. At any point feel free to talk a staff member if you have any questions or concerns.

### **Spectator Policies:**

- All spectators must stay in designated areas during lessons.
- For the outdoor pool, there are benches next to the building where spectators may view from, or there are bleachers on the south side outside of the fence. If you are viewing from the benches next to the Aquaplex, this area is considered part of the pool deck and therefore shoes may not be worn and no food/beverages (except water) are permitted. If viewing from the bleachers, shoes are permitted as well as food/beverages. Parents may not view from the pool side or inside the fenced area.
- If spectators do not abide by these guidelines, they may be asked to leave and will not be permitted to watch the lessons. Spectators are not permitted to interfere with class instruction. If there is an immediate concern, it may be brought to the attention of the Shift Supervisor, who will speak with the instructor. There are a few minutes before and after each lesson where parent/guardians may speak with the instructor.

### **First Lesson Procedures:**

- Please have students change and meet their instructors on the inside pool deck, sitting on the benches on the south deck under the windows. Do NOT have a shower prior to the lesson, the instructors will go with/send students to shower before they enter the water. After the first day the instructor will set a meeting spot for the remainder of the lessons.
- If you have your child's previous Progress Card, please bring it for the instructor.
- If you still need to sign a waiver form for your child, please be sure to see the staff at the front desk before your child starts their class.

### **Clothing items:**

"Red Cross Swim programs focus on teaching the skills and knowledge swimmers need to develop a water-safe attitude. A review of 20 years of unintentional water-related fatalities reveals that unexpected falls into water account for almost 20% of deaths. As the falls are unexpected, individuals were wearing clothing at the time of the incident. As part of the water safety education content, we are adding items to Red Cross Swim Programs to ensure swimmers understand the challenges when encumbered by clothing as well as learn how to respond in these situations."

– Canadian Red Cross Water Safety Services

- As a result of this initiative, a note will go home with your child at some point in the lesson as to what day they should bring clothes to the pool. Some suggested clothing items to be worn OVER your child's swimwear would be: shorts, dress, t-shirt, long pants, or socks

### **Mid-way Lesson:**

- Mid-way evaluations will be handed out part way through the lesson session. These evaluations should give you an idea of how your child is progressing in their level, their strengths and challenges. Always feel free to talk to the instructor before or after classes.

### **Final Lesson:**

- On the last day your child will receive a Progress Card so you can see what skills your child has completed or incompletd. Please feel free to talk to your child's instructor if you have any questions about what has been written.
- If your child is attempting levels Swim Kids 3 thru 10 and they incomplete due to a Stroke skill, you may choose to enroll your child in Stroke Proficiency class. These classes focus only on those stroke skills your child needs to work on, rather than attempting to redo an entire level where they have already completed the skills. If your child completes the Stroke skills to the performance criteria required on the level they were working on, the instructor is able to check off those skills in your child's Progress Card, possibly leading to the completion of the

level. For those working on Swim Kids 3-6, please register in Stroke Development, and for Swim Kids 7-10 please register in Stroke Improvement.

**Transferring classes:**

- If you have registered your child for multiple classes over different sessions, and your child does not complete their current level, you have until 2 pm the Friday before the next session begins to try to transfer your child to another class or to withdraw your child from the class (and get a credit on your account).
- After 2 pm the Friday before a session begins, the classes will be closed and no changes will be possible to those classes.

**Sunscreen :**

Sunscreen with a minimum Sun Protection Factor (SPF) of 30 or higher is recommended during any outside activity; however there are some considerations to take when applying before entering the water:

- Waterproof Sunscreen needs to be applied at least 10-15 minutes prior to entering the water (read the label on your product for the exact amount of time)
- Failure to wait the specified duration will result in the sunscreen being washed off when the children goes to shower and when they enter the pool
- If the sunscreen gets into the pool, it leaves a greasy film on the top of the water and requires more chemicals to disinfect.

Help keep our pool clean, be sure to wait for sunscreen to dry and shower thoroughly before getting into the pool.

If you have any questions, please feel free to ask or give us a call at 403-823-1322. We are looking forward to a wonderful summer!

Sincerely,

Team Aquaplex