

Dear Parents and Swimmers,

Welcome to Body Zone's Swim School!

Thank you for choosing Body Zone and our instructors to develop your child's swimming skills. Our goal is for your child to have a fun learning experience and to be water safe. We have a few guidelines we would like you to follow to assure the best results.

1. Upon arrival, please check in at Guest Services located in our main lobby. Please do this before every lesson. Our Guest Services staff will direct you to the pool area.
2. Upon entering the pool look for either a lifeguard and/or the deck supervisor, they will be carrying a clipboard to check you in on deck. They will tell you the name of your instructor and direct you towards the staging area. They can help direct you towards the locker rooms and family changing area if needed.
3. Children four and older of the opposite sex must use our Family Changing Area at the far end of our pool area and the restrooms in our main lobby.
4. Your child should bring a towel and goggles. Please mark all belongings with a name in case they are left behind. If you do not have goggles we have used goggles that you may borrow.
5. Students are not permitted in the pool prior to their lesson, and when the lesson is over all students must exit the pool. This is to assure the best learning experience for all classes. Please try to arrive on time, however if you arrive late please notify the lifeguard or deck supervisor so they can direct you to the correct class. If you arrive more than 15 minutes early please wait in the Aquatics Lobby as deck space is limited.
6. The hydrotherapy pool (hot tub) may be used for a maximum of five minutes for students to warm-up and stretch muscles. Please do not allow your child to put their heads underwater. It is up your child's guardian to monitor them while in the hot tub.
7. If you need to speak to an instructor you may do so between classes or ask to leave a note for them at Guest Services or with Body Zone Aquatics Coordinator Kyle Lincoln.
8. We have seating on the pool deck for you to watch and enjoy the lesson. For your child to have the best learning experience we ask that you do not interact with the instructor while the class is in session. Our instructors have the experience and training to handle most situations.
9. If you have questions, concerns, or suggestions please see the lifeguard, deck supervisor, or Aquatics Coordinator.

We hope your child has a wonderful experience and thank you for choosing Body Zone's Swim School!

Kyle Lincoln, klincoln@bodyzonesports.com
Aquatics Coordinator



