



Dear Parent/Guardian,

Welcome to the **Carmel Aquatics Center's Group Swim Lessons**. We are excited to be able to offer you this service, and it is our goal to make sure that you are satisfied with the experience. These classes are offered at the Carmel High School Natatorium, Door 21 North.

Here are a few helpful hints when taking a swim lesson course:

- No parents on pool deck: Due to liability rules the parents are asked to stay off the pool deck. This also allows the swim instructors to get the swimmers attention without distractions. Swim instructors and myself will help your children with towels and getting to the locker rooms.

***Upon arrival to the pool the swimmers will wait in the pool lobby until called in double doors (by vending machines) by the lifeguard. At the conclusion of the 30 minute lesson parents MUST use the Community Locker rooms and pick up their swimmers on the pool deck side. We will NOT send swimmers into the locker without parents!**

- Girls & boys Community Locker Rooms: These are located in the pool lobby area hallway. These locker rooms have individual showers, lockers, & restrooms. We will use these locker rooms to pick up swimmers after lessons which allows less congestion at the double doors when the next class comes out onto the pool deck
- Sitting area: Parents are welcome to sit in the pool lobby area or in the balcony upstairs. Please do not lean over the balcony during lessons.
- Restrooms: If your child needs to use the restroom, we will ask you to escort them for liability and safety reasons.
- Towels and Goggles: Children will bring their towels with them on the deck. After class is over the swim instructors will help the swimmers with their towels and walk them to the locker rooms. If the children prefer to swim with goggles you may also bring those to the lesson.

Additional Information:

- Be prompt: Allow plenty of time before and after class for showering and dressing. Children sense tension caused by hurry.
- Attend every lesson: Frequency is the key to adjustment and learning. Children regress quickly if not allowed to practice.
- Flotation Devices: Children are not allowed to wear flotation devices during swim lessons. These devices hinder the child from learning how to swim properly.
- Give praise: Recognize your child's efforts, no matter how small the accomplishment.

At the completion of each session your child will be evaluated on the progress learned in his/her class. An evaluation sheet will be given to your child to notify you whether they have remained in the same level or have progressed into a new class.

****DAYTIME LESSONS - Attention daytime lesson participants!** The High School is locking the doors (for safety reason) during the school day and upon arrival on day 1 you will need to wait outside until a supervisor opens the door to let you in. Once the lesson begins you will be given an electronic key that you are responsible for during the Session. This key will get you into the school for classes and **MUST** be returned at the end of the Session (unless continuing with more Sessions) or you will be charged a \$25 for the key.

If there are any other questions about these lessons offered at the CAC. Please feel free to call or email me. Thank you for your time and participation in class.

Kinsey



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