

## Swim Lesson Survival List

Listed below are a few things that will help us during swim lessons. Please remember that these rules are to ensure that lesson time is quality time focused on the student, by his/her instructor.

- Swimmers need to be on time, dressed and ready to be in the pool at the start of their lesson.
- Parents, grandparents, guardians, etc. are not allowed in the pool area during lessons. Your absence will help swimmers focus more on their instructor, therefore making lessons more beneficial. The SUB Lobby (upstairs) is open for you to wait during lessons. There are televisions, drink/vending machines and restrooms available.
- Bring a towel every day, as towels are not provided. Also, there are locker rooms available if your swimmer wishes to change before going home.
- Don't forget your sunscreen – if possible, apply it before you arrive at swim lessons.

Standard pool rules:

- Lifeguard instructions must be followed at all times. This is for your safety and the safety of others
- No running or horseplay on the pool deck
- Proper and tasteful swim attire is required; no cut-off jeans, shorts frayed clothing, etc
- No food allowed on the pool deck
- No vulgar, explicit or offense language and/or disruptive behavior
- Pets are not allowed
- Not responsible for lost or stolen items. Please guard your property.
- Place all trash in trash cans

Thank you for registering with UWA for swim lessons. If you have any questions, please call 205.652.5383.