



Swim Lessons: Parent FAQs

ADDITIONAL INFO/ QUESTIONS:

Contact: Welcome Center Desk
Call: (708)799-1323

CHOOSING THE BEST LESSON

If you have questions on what program your child should be in, please contact the Swim Lessons Coordinator. Let's work together to make the best decision for your child and schedule.

WHEN SHOULD I PREPARE TO SIGN UP (AGAIN)?

We recommend signing up as early as possible. Sessions fill quickly and are on a first come first serve basis.

- Current participants are reminded at the midway point of the session.
- Interested participants should check the Homewood-Flossmoor Park District website or social media accounts for the next date of registration.

IN THE EVENT OF AN AQUATIC EMERGENCY

Two loud, long whistle blasts activates our Aquatic Emergency Action Plan.

Instructors will get all of the lesson participants out of the water quickly and take them into the Lounge/ Seating area. From there children will be dismissed to parents and/or guardians.

SCHEDULE*:

Week 1 → Testing & 1st Lesson
Week 2 - 5 → Swim Lessons
Week 6 → Last Lesson, Report Cards passed out, & Parents are welcome on the pool deck to take pictures.

*In the event we cannot hold lessons in the water, accidents do happen, we will conduct a 'safety day'. The lesson will still be considered as taught and we will not offer a makeup.

AS A PARENT, WHAT CAN I EXPECT?

- As a parent, you can expect your child to learn how to swim in a fun and positive environment.
- Kids progress at their own speed.
- Parents will receive Personal Report Cards at the conclusion of their session. This highlights what your child CAN do, as opposed to what still needs improvement.

FAMILY CHANGING & LOCKER ROOMS

We ask swimmers to come prepared to swim. The Family Changing area at the west end of the pool deck/club is available for families needing to change afterwards. We encourage families to utilize the Family Changing area as the locker rooms are to be utilized for restroom access only.

Children over the age of 5 are not permitted into the opposite gender locker rooms.

Non-members of RFC and those under the age of 16 are not permitted to use the Jacuzzi tub or steam room.

PRIVATE / SEMIPRIVATE LESSONS

We also offer private / semiprivate lessons for those who desire one-on-one instruction or looking for additional lessons.

Please complete a 'Private Swim Lesson Request Form' at the front desk to begin the process and the Swim Lessons Coordinator will follow-up.

WHAT DO PARENTS / GUARDIANS DO DURING LESSONS

HF Racquet and Fitness Club mandates that parents and/or guardians MUST remain in the facility during your child's scheduled lesson.

If participating in RFC Swim Academy, the parent(s) or guardian(s) are to wait in the Lounge/ Seating area unless members of the club, which they are then welcome to utilize the facility.

If participating in RFC Little Fishies, one parent/guardian will accompany the swimmer in the water for all lessons.

Please be mindful of drop off/pick up times.

WHAT TO WEAR / BRING?

Proper Swim Attire: Swimsuits should fit appropriately for the swimmer to move comfortably. Athletic Clothing (wicking fabric, basketball shorts, etc.) is not considered proper swim attire.

Towel: All Swimmers are to bring their own towel(s) as the club does not provide towels for drying off afterwards.

Goggles: Chlorine is a common eye irritant. Goggles are not required for every activity; however, are recommended for certain activities.

Swim Diaper*: Swimmers not or in the process of being potty-trained are required to wear a swim diaper during lessons.

*As the club is not responsible for the loss/damage of personal items, lockers are available for participants to bring a lock to secure their belongings in the Family Changing area.