



Aquatics Policies and Procedures

Thank you for registering your child for swim lessons at the H-F Racquet and Fitness Club! In order to make your child's experience as safe and enjoyable as possible, we have designed the following list of guidelines:

Personal Health and Safety

- Hand sanitizer will be available throughout the facility.
- Patrons are strongly encouraged to wear a mask in the facility. While in the water, masks will not be required.
- Guardians must stay in the facility while their child is in the swim lesson.
- **Only staff and participants are allowed on pool deck during lessons.**
- For younger children, only swim diapers may be worn on the pool deck and in the pool.
- Families are encouraged to utilize the Family Changing area as the locker rooms are to be utilized for restroom access only.

Pool Rules

- The lifeguard/instructor is the authority in the pool and on the pool deck to maintain a safe environment for all.
- **Street shoes are NOT allowed on pool deck.**
- No running, horseplay or foul language.
- Come ready to swim. Rinse stations are available on the pool deck before and after each class. Shower before and after each class at home.

Swim Lessons

- Be on time & come ready to swim. Plan to have your child arrive and ready 5 minutes before class. Students and parents are to check-in daily on the program roster at the Lounge/Seating area prior to their lessons. Swim instructor will do an additional roster check as they pick up their swim group each lesson from the Lounge/Seating area.
- After each lesson, parents/guardians can pick up their child at the door of the pool deck to the Lounge/Seating area. Families are encouraged to utilize the Family Changing area at the west end of the pool deck/club if needed. The locker rooms are to be utilized for restroom access only.
- **Swimmers are to bring their own towel as the club does not provide towels for drying off afterwards.**
- If participating in RFC Swim Academy the parent(s) or guardian(s) must wait in the Lounge/Seating area for the duration of the class.
- If participating in RFC Little Fishies, one parent/guardian will accompany the swimmer in the water.
- Locker rooms are restricted for restroom use only.
- The H-F Racquet & Fitness Club is not responsible for personal items. Please leave all non-swimming personal items at home. Do not touch or share each other's personal items and/or equipment.
- The first day is a built in testing day to help us place your child in a level that meets their needs.
- **There are no make-up classes for absences.**
- Progression to the next swim level is based on how effectively the child meets the skill requirements throughout the course and at the discretion of the swim instructors and Swim Lessons Coordinator. Your child is evaluated every class. For this reason, attendance of all classes is highly recommended.

Contact Information: Swim Lessons Coordinator: 708-799-1323