



CLUB FITNESS



www.clubfitnessgso.com

Swim Policies

- Due to the limited nature of class availability, classes are **non-refundable**.
- Children do best when they consistently attend the same class. **There will be no make-ups for absences.** In the event the facility cancels a class, a make up lesson day/time will be announced by your child's instructor.
- Classes are 30 minutes in length unless otherwise noted. Stroke Clinics are 60 minutes in length.
- To insure safe, quality, lesson-time, parents are asked to refrain from interrupting or distracting during class time.
- Club Fitness reserves the right to cancel any class with insufficient enrollment.
- Classes are filled on a first come first serve basis. Payment is due at time of registration to reserve a space.
- All children ages 3 and under and/or not fully toilet trained are required to wear a REUSEABLE swim diaper when in the pool. Pool accidents affect multiple classes as well as lap swimmers.
- Please do not bring children to class if they have the following symptoms: Fever (100F or higher), Diarrhea, Vomiting, Sore throat, Body rash, Yellow/Green discharge from nose, Eye discharge or Pink eye, Yellowish eyes or skin.
- The Hot tub is for adults only. Hot tub temperatures can cause skin burns, dehydration, and overheating in children.
- Pre-Beginner and Beginner classes are limited to 4 students. Advanced Beginner is limited to 4-5 students. Intermediate is limited to 5 students. Stroke Clinic and Get Wet are limited to 8 students.



General Questions

- Michael Phelps Swim School provides a learning environment where swimmers will become comfortable and confident in the water. We stress the 4 - B's (balance, buoyancy, body position, breath control) and early childhood emotional, social and physical growth and development.
- We believe that swimming will be a lifelong activity/sport. We are interested in making sure that individuals have the foundation and good training to allow the water to be an enjoyable and fun place to be.
- Please keep in mind that proper attire aids in your child's enjoyment of the class. It is very helpful if girls with long hair tie their hair back or wear a cap. Goggles are optional.
- In the dressing rooms, parents are asked to be sensitive to the privacy of others, especially with opposite sex children in the locker room. Management encourages parents with opposite sex children to utilize the back area of the locker room and parents should refrain from showering with opposite sex children in the presence of others. Children over the age of 5 do not belong in opposite sex locker rooms (family locker rooms available).
- Keep in mind that children grow and mature at different rates. Growth spurts can make children uncoordinated from one class to another. Practice is IMPORTANT! Remember they will readjust and re-coordinate their skills with practice and encouragement.
- Learning depends on your child. All children grow and learn at different rates. We give time for your child to practice and improve their new skills.
- We ask that you attempt to be minimally visible because your presence distracts the children. They often become more interested in watching you than listening to the instructor.
- Each session we teach a little bit about safety because safety skills are of utmost importance in and around the water. We want each child to be safe during lessons and to understand what it means to be safe when they are around any type of water.
- We are interested in giving each child a maximum comfort level in the pool. Children often stay at the same level in successive sessions because within each class we have a very wide range of skills to cover. This allows the child to excel at one skill and to be able to work on another skill they may not have mastered. We are concerned with their feel for the water and their comfort level with each new skill.
- If your child is unhappy and does not want to come to class, please let us know. We want to work with you and your child. Most times we can make a child feel comfortable about the lessons if we show respect for their feelings, patience, and understanding. We have also found that if we show the children our confidence they rise to the occasion. We are not afraid of tears and fears. It is often part of learning something new.

You can help your child by showing your confidence in us, and the program, by taking time to enjoy the water with your child.