



## Guidelines for Attending Swim Lessons at The Lucknow Pool

### **IS THIS YOUR CHILD'S FIRST TIME IN SWIM LESSONS?**

Please bring your child to the pool for a swim with you before lessons begin. See our pool schedule for swim times.

### **TOILETING**

Please encourage your child to use the washroom before his or her lesson. If your preschool child has to use the washroom, the lifeguard or instructor will signal you to come and help.

### **FIRST DAY OF LESSONS**

Outdoor footwear is not allowed on the pool deck. Use the change room to change before your lesson is scheduled to begin. Have a shower and wait on deck for the instructor to call your class.

### **CHANGE ROOMS**

Do not leave any valuables in the change room. For the comfort of all patrons, *children 5 years of age and older* should use the appropriate change room. If you need **alternate changing facilities** when changing an opposite gender child, please contact the staff.

### **LESSON START TIME**

Swim classes meet on the pool deck at the start time of the lesson. Please make sure your child knows the name of the swim level she or he is enrolled in. Parents are welcome to come to the pool deck (barefoot only) for the first lesson to meet the instructor.

### **AFTER THE LESSON**

Instructors will not let the preschool child leave the pool deck until the parent/guardian arrives.

### **IF YOUR CHILD CANNOT ATTEND A LESSON**

You do not have to call us. All confirmed registrants are guaranteed a reserved spot regardless of attendance. Please note: refunds are not issued for missed lessons. If you need to withdraw from lessons, please contact us at the Lucknow Pool 528-2902.

### **LOST & FOUND**

Misplaced items are placed in a storage bin in the entrance. Ask the pool staff for assistance.

### **HOW'S IT GOING?**

Your immediate feedback is essential to us. Please let us know any questions, concerns, or comments you may have. There is always someone on duty during swim lessons to discuss your child's lesson with you.

### **IN-CLIMATE WEATHER.....LIGHTNING?**

Lessons run rain or shine. All Lessons are cancelled in the case of thunder and lightning, or any other in-climate weather as determined by the instructors. Lessons will be made up if needed.

**Kids 4, Kids 4, Kids 4! DID YOU KNOW .....**It is not unusual to repeat the same swim level 2 or 3 times before mastering the necessary skills, and acquiring the endurance levels necessary to progress to the next level. Help your child to understand there is no pressure to "pass" or get a badge. Swimmers often need more than one set of lessons to gain the skill, coordination and confidence necessary to move on to the next level.

**SWIM INFORMATION: 519-528-2902**