

Aquatic Programs Checklist and Guidelines

Thank you for participating in the Galter LifeCenter Aquatic Programs. We encourage you to become familiar with our organization and facility. Please remember that we are an ‘adult’ membership facility. We need your support to ensure that each child in the facility is consistently supervised and meets all behavioral expectations. This should occur while at the Courtesy Desk checking in, using the locker room, throughout the facility and taking class in the pool area. We ask that you respect the property, rules and overall required expectations while in the building. We hope that you have a wonderful experience in the pool and at Galter LifeCenter.

Step One: Preparing For the Program

- We ask that your child does not eat up to one hour before each class begins.
- Parent must provide child with proper swim attire.
 - For Aquababies, a swim diaper is required if the child is not potty trained.
 - For Learn-to-Swim, it is highly suggested to bring goggles to each lesson.
 - Swim diapers and goggles are available for purchase at the Courtesy Desk.
- Parents cannot leave any children unattended on the pool deck.
 - Children that are not participating in the program and that do not have another adult monitoring them, must use our KidCenter.
 - Members receive discounted rates for the KidCenter.
- If at any point during the session your child has been sick or you believe that an accident in the water may occur please discuss your concerns with the pool attendant or class instructor.

Step Two: Arriving and Checking in

- Parking is available in the Swedish Covenant Hospital garage for a \$2 validated fee. Visit the Courtesy Desk for validation. (\$4 without validation)
 - Access to the free open lot is for members only.
 - A booklet of 10 parking passes can be purchased at the Courtesy Desk for \$15.
- On the first day of class, we recommend arriving at least 15 minutes prior to class time.
 - A waiver must be completed at the beginning of every session. This is done regardless of previous participation. The waiver is available online to print from home.
- Participants must check in at the Courtesy Desk each time they enter the facility.
 - Checking in involves giving the class participant’s first and last name.
 - If you are late, you must still check-in properly.
- Built into each paid registration is a complimentary make-up class at the end of the session. **The primary goal of our make-up class policy is to offer an extra class in the event of unforeseen pool issues/closure.**
 - **Only one make-up is allowed per session.**
 - You must attend the time and day you are registered for in the session.
 - This is a free class and we encourage all participants to attend.
 - If you have attended all eight classes but would like to participate in the make-up class, please see your instructor.
 - No credits or additional make-up classes will be provided based on multiple absences.



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Step Three: Getting Ready and Locker Room Usage

- Parents must supervise their children in the locker room. This is including but not limited to activities regarding:
 - Monitoring their behavior at all times.
 - Being aware of other members/users at all times
 - Using the baby changing stations in the locker rooms and in the designated family changing areas.
- When using the locker room, you are required to use the designated “Family Changing Area” that is specifically provided for children.
 - There are locker room attendants that will assist with locker and space usage.
- Children of the opposite sex from their parents that are 5 years old (has had their 5th birthday) and older **MUST** use their designated locker room.
 - Boys 5 years old and older use Men’s Locker Room
 - Girls 5 years old and older use Women’s Locker Room
 - There is a family changing area on the East pool deck
 - There is a family changing locker room on the West pool deck
- Parents should follow all current locker room rules.
 - No use of cell phones in the locker room
 - Strollers are not allowed in the locker rooms or on the pool deck
 - All baby carriers are to be placed on top of the lockers to ensure clear pathways
 - Changing in proper locker room section
 - Limited food and snacks in the Locker Rooms

Step Four: Pool Deck Behavior

- The beginning of each class all students (and parents in Aquababies) will be lined up and enter class in a systematic and safe process.
 - Parents of Aquababies should enter the pool through the assigned stairwell ensure safe entrance.
- The Quiet Zone, the hallway in between the locker rooms, is unavailable unless necessary due to the age of the child.
 - The only appropriate time to use this area is if you are walking through with a child that is age 5 or over and of the opposite sex. Please be sure to use your inside voices.
- Additional Children on the pool deck not participating in class must have one adult to one child ratio and must be in compliance with all behavioral expectations
 - Should there be additional children waiting for lessons to occur legal parent/guardian must be present and supportive of rule enforcement.
- The pool attendants and instructors will prompt class flow and direction of the class.
 - We ask that you abide by the directions of the aquatics staff
 - The parent viewing area assigned by the location of the chairs to ensure clear walkaways and that no exits are blocked.
- No cell phone talking on the pool deck
- No eating on pool deck
- No strollers allowed on pool deck
 - We have a stroller parking section located outside the KidCenter.

Step Five: Enjoy your Aquatics Program

If you have any questions during the session contact Vanessa Recinos at vrecinos@swedishcovenant.org or 773- 878-9936, ext. 8015.