



Dear Swim Parents,

Welcome to the Hamburg Fitness Center & Camp and our Swim program. Congratulate yourself for your commitment to ensuring your child(ren) and family learns lifelong swimming and water safety skills!

It is our goal to provide water safety instruction in a safe and positive environment. Our program is designed to **1) improve your child's swimming abilities, 2) increase your child's confidence and independence in the water, and 3) alert your child to safety issues in aquatic environments.**

Please read the following swim lesson policies and procedures. Your cooperation will ensure maximum lesson productivity for your child. If you have any questions or concerns, please do not hesitate to contact your child's instructor.

Policies for during your child's lessons:

Please arrive to each lesson on time so our instructors can begin promptly.

Please shower (head to toe) before class.

No running on the pool deck (slippery when wet).

Please do not allow your children in the water before their lesson. They must wait until their instructor is ready to begin and entered the water first.

Be aware of all pool rules and review them with your child.

During your child's Lessons:

Ask Questions: Your instructor will be present before and after the lesson to answer any questions you may have about your child's placement, progress, behavior, etc.

Attend Every Lesson: The key to your child's progress is through consistent attendance. Missing too many lessons may prevent your child from passing the level.

Have Patience: People learn swimming skills at different rates. It is quite common for children to participate in several sessions before they are able to successfully demonstrate all the skills and progress to the next level.

Provide Encouragement: Be positive and let your child know that learning involves lots of practice and to take pride in personal successes.

Facilitate Practice and Review: Try out the skills your child learns at home or during open swim hours. Your enthusiasm and guidance can make your child's aquatic learning experience fun and rewarding! Be sure to give praise as often as possible.

Thank you for your patronage and cooperation as we continue to improve our programs and services based on your recommendations.