

TIBETAN SWIM PROGRAM

SWIMMING LESSON & POOL RULES

- ❖ Children must be **3 years old** to be able to attend swim lessons.
- ❖ Do not enter the centre before 4.00pm for your lesson. Lesson times are 4.15pm for adults, 5.00pm Learn to Swim and 5.45pm for Junior Swim Squad. Please be ready 15mins before your lesson and pay attention to your teacher and supervisors.

If you are participating in the swim lessons you are only allowed to enter the pool you're your allocated teacher at time of your lesson. This is a condition of our booking.

- ❖ Please make sure you come to the table and have your name marked off the attendance list before each lesson. If you have not had your name marked off do not get in the pool.
- ❖ Please wait on the pool side after you have had your name marked off. Be ready for your lesson 10 mins before starting and wait for your teacher. Do not get in the water until you are asked to.
- ❖ **Do not enter the pool for any other reason unless instructed. When your lesson is finished please leave the pool when asked.**
- ❖ Please keep the area of the pool clean and tidy. Be respectful of all the rules of the Centre. No running around the pool or jumping into the pool at any time, no swimming in any other area of the pool, the change rooms must be kept clean and tidy. Make sure that you take all your clothing, shoes and any rubbish with you.
- ❖ There is strictly to be **no food to be eaten in or around the pool area**. If you wish to eat please go to the outside area.
- ❖ We have been given permission to use the playground area and children may play there. Please make sure the gate is closed when you enter or exit the area. Please be respectful of the equipment and please **DO NOT** ride the bikes.
- ❖ Pay attention at all times to your instructor. Any misbehaving will result in you not being able to join the lessons. Be respectful to your instructor and to others in your group.
- ❖ Swim caps and goggles are available to you. Please remember to wear your swim cap when in the pool. **NO CAP NO LESSON**.
- ❖ Parents – please make sure your children are supervised at all times. Children are not to be left unattended. Be respectful at all times and leave the pool and playground area when you have finished your lessons.

Thank you for abiding by the rules and for being part of the Learn to Swim Program.

