• NO running on the pool deck.
• All swimmers must take a cleansing shower before entering the pool area.
• NO street shoes on the pool deck! Please remove them before entering the pool area.
• Please do not chew gum on the pool deck or while swimming.
• NO food or drink (other than water) allowed on the pool deck.
• Absolutely no glass containers allowed at any time.
• Swimmers who are not toilet trained must wear both a swim diaper and a covering suit.

Swimwear
All swimmers who are not toilet trained are required to wear swim diapers plus a covering bathing suit. NO REGULAR DIAPERS ARE ALLOWED IN THE POOL AT ANY TIME.

The water temperature is generally between 82 and 84 degrees. Smaller children may wear covering, non-cotton layer over their swim suits if desired.

Class Times
Please be early for your lesson. This will ensure that your child is getting the full attention of the instructor as well as participating fully in all skills for the day. We recommend arriving at least 5-10 minutes early in order to make sure your child has used the restroom, is changed, showered and ready to begin class at the designated time. If you do arrive late to class, please sit your child on the metal bench in observation area of the pool by the windows and wait with them until the instructor is ready to bring your swimmer into class.

Class Schedule
Please see the current class schedule for dates, days and times of class offerings. It is your responsibility to make sure you are able to attend all classes and to be aware of days when there is no class due to holidays or events at the pool.

Swimwear
All swimmers who are not toilet trained are required to wear swim diapers plus a covering bathing suit. NO REGULAR DIAPERS ARE ALLOWED IN THE POOL AT ANY TIME.

The water temperature is generally between 82 and 84 degrees. Smaller children may wear covering, non-cotton layer over their swim suits if desired.
Welcome to the Mount

Thank you for choosing the Mount Fitness for your child’s swim lessons! Please review the following information regarding swim lessons at the Mount. We encourage you to review this information as it designed to help both parent and child have an enjoyable experience while participating in the swim lesson program. If at any time you like to speak to us directly, please feel free to stop in and see us or contact us via any of the means below. We look forward to seeing you at the pool!

Cancellations/ Credits/ Refunds

We are pleased to offer Swim Lessons at the Mount! Our program offers 2 separate age groups to choose from. Preschool Aquatics is appropriate for children ages 5 and younger. In this program there is a Parent/Child class as well as 3 levels of swimming, Pre1, Pre2 and Pre3. The Learn-To-Swim program is appropriate for children ages 6 and above. We offer 6 levels of swimming abilities, Levels 1 – 6.

The Mount reserves the right to make schedule changes to better serve our members or to cancel/combine instructional classes and programs due to insufficient enrollment. Please make sure your calendar will allow you to enjoy all of the lessons/classes before enrolling in a program. If the Mount must cancel a class due to the following:
1. Mechanical issues
2. Fire evacuation
A make-up class will be scheduled to coincide with the pool and instructors schedules. If the student is unable to attend this make up, a credit for the missed class will be placed on the students account.

No credits or makeups will be issued for circumstances which are beyond the control of the Mount including:
1. Missed classes due to illness, vacation or if you should choose not to attend.
2. Inclement weather
3. Power outages
4. No water supply

Refunds are only awarded in extreme circumstances. All requests for refunds must be submitted in writing to the aquatics director. No refunds or credits will be issued week prior to the first date of class.

Class Format:
At the beginning of class, please bring your child to the window side of the pool and have them sit on the metal benches. Remain with them until the instructor has taken attendance and/or is ready to begin class. During class, please remain seated on the benches located in front of the glass windows.

Please only approach class at the request of the instructor. This will enable your child to remain focused on the instructor knowing you are in the same area and not wandering around looking for your presence/whereabouts.

All swimmers must have an adult on the pool deck at all times while they are participating in class. Once class is over, students will only be let go from class when a parent/guardian is present.