SO, YOU ARE STARTING SWIM LESSONS!

Here are a few things that will help your start into swim lessons at Mount Fitness

- **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. Bathing suits are required. Wetsuits, swim shirts (no cotton) or rash guards are encouraged because the water is colder than your child’s body temperature. Dry clothes to change into afterward.

- **Towels**: you bring your own towels to the pool, it is suggested to bring at least 2, one to put over the child while on the deck before and after lessons and a second for after showering.

- **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.

- **Schedule**: please see the schedule posted on our website if you have questions about dates for class. We highly suggested printing it out and keep it with swim gear.

- **Swim gear**: we have goggles, floaties, kickboards and fins. There is no need to bring other swim gear, everything is provided for your child. If they have goggles, please make sure they are of good quality, bad goggles are worse than no goggles at all!

- **Parents/Grandparents/guardians** must remain on the deck when you child is in swim lessons. There is no dropping them off and picking up later. Please only approach the class at the request of the instructor.

- No credits will be issued for circumstances which are beyond the control of Mount Fitness Aquatics. Missed classes due to:
  
  - Child’s illness, vacation or if you should choose not to attend.
  - Inclement weather
  - Power outages
  - No water supply
  - Mechanical issues

Most instructors will attempt to make up any missed classes when it is due to weather or pool issues, but there is no guarantee as one session usually flows right into the next with 1 week at most in between.