



"BUILDING A TRADITION ONE STROKE AT A TIME"

"REACH FAR . . . KICK HARD . . . SWIM FAST"

LEARN TO SWIM RULES AND REGULATIONS

ENFORCEMENT OF THE RULES IS FOR THE SAFETY OF ALL SWIMMERS.

PUNCTUALITY IS IMPORTANT AND A MUST FOR SAFETY OF THE CHILDREN

Swimmers are asked to arrive for their training sessions on time and be on poolside 5 -10 minutes before the start of the session. It will be at the discretion of the Program Supervisor and/or the Check In Attendant whether swimmers who arrive late or once the session has started will be allowed to join the group, as late arrivals disrupt the training of others.

TIMES OF CLASSES:

Stations 1, 2 & 3 - 4:00pm to 4:30pm

Stations 4 thru 10 - 4:30pm to 5:00pm

PARENTAL SUPERVISION

Parents of children in stations 1, 2, and 3 are asked to remain at the pool for the duration of their child's lesson, no drop offs please. Once the first session is completed swimmers are asked to leave the pool and meet their parents on the bleachers. There is to be NO running or playing around the pool!

PLEASE NOTE: ABACO SWIM CLUB STAFF WILL WATCH YOUR CHILD WHILE DOING THEIR SWIM LESSON BUT NOT AT ANY OTHER TIME, ONCE THEIR LESSON IS OVER THEY ARE TO BE UNDER PARENTAL SUPERVISION.

Parents of children in stations 4-10 are to ensure they are back to collect their child at 5:00pm promptly as there is no supervision for children once their class is finished, unless they have been asked to remain behind for extra training.

POOL DECK

The pool deck is for Learn To Swim Coaches and Staff only. When it is time for your child's station the coaches will call out for your children to come to their station lane and will then instruct the kids when they can get in the pool. All parents and guests are asked to remain on the bleachers at all times.

Any Abaco Swim Club Staff, Coach or Site Supervisors have the authority to remove a child at any time from the pool or pool deck if they do not adhere to the pool rules.

SWIM GEAR

It is mandatory to have a pair of swim goggles and a cap (Abaco Swim Club has both available for purchase) Bring them to every practice. Please label your belongings.

COACHING:

Our coaches are here to teach your child to swim, which means that your children are our main concern. Parents are asked not to distract or try to talk to any of our coaches. You may notice some younger swimmers in the pool with the coaches, assisting. These swimmers have successfully completed the Learn To Swim Program and have advanced to our Competitive Program. They will be labeled our "Jr Coaches"

COMPLAINTS:

If any swimmer/parent has reason to complain or is unhappy about anything to do with the club, they can email their complaint to abacoswimclub@gmail.com or arrange to speak to Brenda outside of Learn To Swim times.



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Our Learn To Swim Program follows the Swim America Program which has proven to be a very successful program. It is built around safety first which is why the rules must exist. Please adhere to these rules for the safety of everyone in and around the pool.

I have fully read and understand the above mentioned rules and regulations to be enforced by Abaco Swim Club and will adhere to them.

Signature of Parent or Guardian: _____ Date: _____