



HUFF FAMILY AQUATIC CENTER

November 2017

FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**No Swim Lessons
November 22-25**

Group and Private Swim Lessons

Learn to feel confident in and out of the water with your little ones or for yourself and grow in delight watching them gain comfort and skill through fun instruction, games, and play. Swim lessons can do so much to develop confidence. We can help you stay safe around water and promote a healthy active lifestyle.

When

MONDAY & WEDNESDAY : November 1- November 29

FRIDAY: November 3- December 1

TUESDAY & THURSDAY: November 2- November 30

SATURDAY: November 4- December 2

Duration of all classes: 30 minutes

<u>Name</u>	<u>M/W</u>	<u>T/TH</u>	<u>F</u>	<u>S</u>
<u>Parent & Me</u> Ages: 6 months-30 months		10:45		9:35
<u>Morning Session</u> Ages: 2.5-16 years Level: All Levels	10:10	10:10		10:00, 10:35, 11:10 11:45, 12:20, 1:00
<u>Afternoon Session</u> Ages: 2.5-16 years	Level 1-3: 3:00, 3:35 Level 4-6B: 4:10, 4:45 Level 1-6B: 5:20, 6:00	Level 1-3: 3:00, 3:35 Level 4-6B: 4:10, 4:45 Level 1-6B: 5:20, 6:00	All Levels: 4:10, 4:45, 5:20, 6:00	
<u>Adults Only</u> Ages: 17 years and older			6:00, 6:35	10:10, 10:45

Group Lesson Fees

Monday & Wednesday **OR** Tuesday & Thursday (8)- \$72 Facility Member/ \$138 Program Participant
Friday **OR** Saturday (4)- \$36 Facility Member/ \$94 Program Participant

Private Lesson Fees

Monday & Wednesday **OR** Tuesday & Thursday (8)- \$160 Facility Member/ \$234 Program Participant
Friday **OR** Saturday (4)- \$80 Facility Member/ \$142 Program Participant

****Please provide the front desk your email at the time of private lesson registration. You will be emailed to schedule private lessons.****

Level Placement

All new students will undergo a swim test by instructors and receive evaluation with level placement.

IMPORTANT- PLEASE READ:

There are no credits, refunds or make up classes for missed swim lessons. Credits will be issued only when a doctor's note is provided and dated starting that the student is/was not able to swim due to illness or injury. Classes and times are subject to change and offered at a first-come first-serve basis.

SCHEU FAMILY YMCA OF UPLAND

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Huff Family Aquatic Center

Rules of the Pool

Lifeguards have complete authority of the pool, pool area and in all matters pertaining to the conduct & safety of members and guests in the pool area. Failure to obey the lifeguards may result in loss of privileges.

- Whistle blows: STOP—LOOK—LISTEN to the Lifeguards.
- Appropriate swimming attire/swimsuits for a family environment must be worn (no cut offs, gym clothes, or street clothes).
- No food, drinks other than water, chewing gum, or glass is permitted on the pool deck.
- No running on the pool deck.
- No jumping or diving into the pool.
- Breath holding, face down float and prolonged underwater swimming is prohibited.
- Stairs must be kept clear at all times (no playing, sitting, crowding, hanging on, or misuse of the steps or ladders).
- No inappropriate behavior; up to and including: rough play, pushing, dunking, splashing, piggy back rides or chicken fights.
- For the health and safety of others, those who have skin lesions, sores, inflamed eyes or mouth, nose or ear discharge, recent/active diarrhea, vomiting, or is a carrier of micro-organisms of any communicable disease, shall not be allowed to use the pool.
- All children under 3 years of age, or anyone not potty trained and/or requiring a diaper, must wear a swim diaper and rubberized pants/swim suit in and around the water at all times. Regular disposable diapers are prohibited.
- No changing (diapers or clothes) on the pool deck.
- No foul or threatening language. No threatening behavior.
- No smoking or tobacco products are permitted at any time.
- No inflatable devices are allowed in the pool.
- Kickboards, water buoys, goggles, dumb-bells, and noodles are for instructional purposes only to be used during swim lessons, adult lap swim, and aqua-fit only.
- Individuals that cannot touch the bottom and/or non-swimmers must wear a U.S. Coast Guard approved life vest, stay in the shallow end of the pool, and have an adult in the pool with them in arms reach at all times. Non-swimmers must remain in a 1:1 ratio with an adult in arm's reach at all times. If non-swimmer wears a USCG approved life jacket, the ratio is 1:2, during open swim sessions.
- All children 15 and under must take a swim test in order to determine swimming capabilities. Designated swim areas will be given to swimmers based on the color level they have tested.
- All children 8 and under must be accompanied and supervised by a person at least 18 years old. The adult **must remain** in the swim area and is responsible for the child's supervision and behavior.
- Children 5 years old and older may not enter their opposite sex locker room at any time.
- No instruction, personal training, or coaching from the pool deck or bleachers. This pool may not be used for formal coaching, personal training, or swim instruction by outside (non-YMCA) coaches or instructors.
- Adults and children on the pool deck must remain seated on the east side of the pool. Lifeguards will enforce safety pathways, doors, and coned off areas are kept clear of all persons.
- **Everyone must dry off completely before entering the facility.**
- Everyone must shower before entering the pool water.
- Children under the age of 16 may be asked to go through an orientation with the lifeguard and get their approval in order to swim in lanes during lap swim.
- Disability access is available upon request. Reasonable accommodations will be made in order to allow an individual with a disability to make use of the pool. Staff may request those with a severe disability to be accompanied by a helper.
- Persons having active Diarrhea or had active Diarrhea within the previous 14 days shall not enter the pool water.