

# WELCOME TO WATERLOO SWIMMING LESSONS!



Welcome to Waterloo Swimming Lessons! We are excited to have you join us. We want this to be a positive experience for you and your swimmers. This information will hopefully help to guide you to your first day of lessons.

If you have any questions, please email us at [info@waterlooswimming.com](mailto:info@waterlooswimming.com), or see us at the front desk.

-Mike & Gwyn Varozza  
Waterloo Swimming

## WHAT TO BRING

Please bring the following: Swimsuit, Towel or Robe, and Goggles. If your child wants to wear slippers or slides out on the pool deck, they are more than welcome

Please leave swimming facemasks and nose plugs at home.

## WHERE TO GO...

Please arrive at least 10 minutes before your class. Get your swimmer ready for lessons: please have them use the restroom, have their swimsuit on and goggles ready to go.

About 5-7 minutes before class begins, the Deck Host will call for kids to line up. Your swimmer will line up behind the cone for their class level. The Deck Host will check your child's name with our attendance sheet.

## SWIM LESSON STRUCTURE

- 1 minute greeting
- 4 minute warm-up
- 20 minute skill instruction
- 5 minute reward time

Reward time not only helps to keep kids motivated, it also provides a fun way for children to practice their new skills through play.

## AT THE END OF THE LESSON

Many parents meet their kids at the door to the pool. We encourage you to offer them a high five and talk positively as you wrap them up in a towel.

## PARENTS ON-SITE

Parents should remain on-site during their child's lesson. Parents are welcome to watch the lesson from the lobby or from the outside windows. Parents are not allowed on deck.

## GOING TO BE MISSING A LESSON?

We do not offer make up lessons. However, we do offer an opportunity to join one of our monthly instructor training sessions. These spaces are limited, so please contact us about availability.

## \*\*\*PARKING LOT\*\*\* SAFETY & ETIQUETTE

**DO NOT DROP OFF SWIMMERS AT THE FRONT DOOR...even if it's raining!** The same is true for picking up swimmers. This causes gridlock and frustration. Please pull up to the RIGHT / BACK side of the building to let them out. If there are cars behind you, please pull further up the RIGHT side of the building. Please drive slowly around the building as you may encounter swimmers doing their dryland workouts.

**DRIVE SLOWLY** through the parking lot. We have many young children who take swimming lessons in the afternoons. Look out for children not paying attention to where they're going!

## QUESTIONS ABOUT LESSONS OR YOUR CHILD'S PROGRESS?

We aim to have the Deck Supervisor meet with parents once per month. If you would like an update, please contact us at the front desk or at [info@waterlooswimming.com](mailto:info@waterlooswimming.com). We will contact the Deck Supervisor as well as the instructor so that we can get you the most up to date information.

