



## **Learn to Swim Program at the Apex Centre**

The benefits of learning to swim go beyond developing a life skill. At the Apex Centre, we focus on building the whole child from the inside out. Children have the opportunity to participate in positive, fun activities that build physical and social skills, create a lifetime appreciation for active living and enjoyment of the water. The purpose of our program is to develop competency as well as confidence and endurance as they learn to swim.

### **First Day Expectations**

1. When you arrive, check in at the front desk before proceeding to the locker rooms which are located downstairs.
2. Please make sure your child is dressed, showered, used the restroom, and is ready to enter the water at least five minutes before their class start time.
3. The swim instructor will evaluate your child's swimming ability and talk to you if your child needs to move up or down a level.

### **Daily Expectations**

Please make sure your child showers, goes to the restroom and does not eat a large meal right before every class. This helps keep our pool properly maintained. Also, for smaller children, appropriate attire is recommended in case they get cold. Long sleeve rash guards/swim shirts help combat this. If your child gets cold easily, refrain from allowing them to play in the pool before the lesson. We encourage parents to get to know their child's instructors. If you have any specific questions about your child's abilities, your instructor will be glad to talk with you after class.

### **Viewing Swim Lessons**

Children under 9 years of age are required to be accompanied by a supervising adult 18 years or older. We ask parents to watch from a distance at the pool deck. This helps the child focus on direction from the instructors. Parents need to stay on the deck with their child in case of bathroom breaks or pool closure.

### **Level Progression**

Children progress at their own speed. It is common for a swimmer to remain at the same level for a few sessions, even with perfect attendance. A child's self-esteem and confidence, as well as skill and strength development are all important aspects in determining progression to the next level.

**Progress Reports**

Each swimmer receives a progress report during the last lesson. It will give you information on what your child has accomplished in their session. Skills are evaluated periodically throughout the session. Requests for a certain instructor are not always guaranteed.

**Substitute Instructors**

We do our best to keep one person consistent as your child's instructor, however at times there may be a substitute instructor.

**Class Cancellation by the Apex Centre**

In the event of a pool closure due to bad weather, pump/chemical issues/ or vomit/stool in the pool we will hold a make-up lesson the Friday of that session. If a pool closure is required for only a portion of the lesson, we will add extra time to the remaining classes to make up the missed time.

**Refund/Cancellation Policy**

When a class is canceled due to low enrollment or other circumstances, you will be offered a transfer to another class or receive a full refund. Participant initiated refunds and transfers will only be granted when a participant becomes ill, in which a doctor's statement or explanation must be presented upon request.