

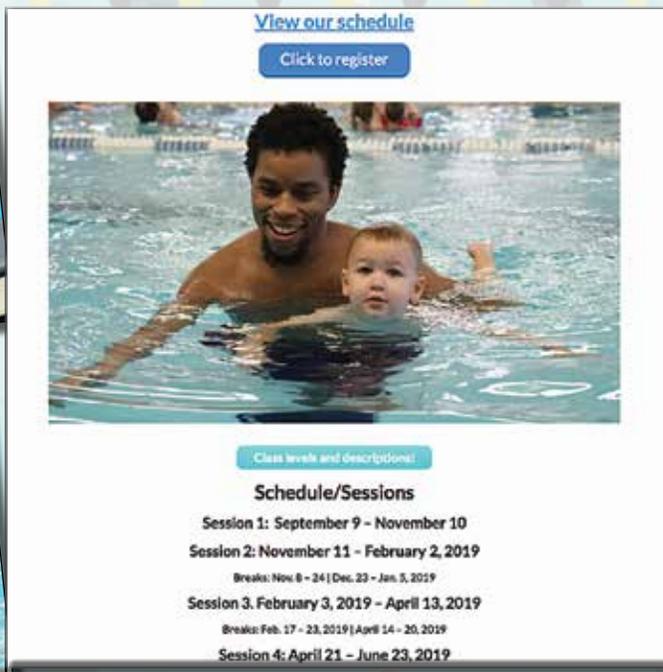
WE VALUE YOU!

We want you to know how much we appreciate you being a part of swimming lessons at DHAC! We'd like to thank you for your continued loyalty to our program.

Introducing, for your convenience, our **NEW ONLINE REGISTRATION!**

SIMPLY GO TO

DedhamHealthKids.com/Swim/ChildrensLessons/



WEBSITE REGISTRATION DIRECTIONS

5 Easy Steps

- 1: Scroll down and click the **blue** "Click to register" button.
- 2: Click "book" on your choice of class.
- 3: Enter your email address and click "forgot password." (You will be emailed your password)
- 4: Log in.
- 5: Choose which child from the drop down list.
- 6: Choose the class you want.

We appreciate you signing up online and look forward to seeing you around the club!

DHAC Aquatics Staff

SWIM LESSON RULES

These rules apply to all people currently enrolled in swim lessons. They are to help ensure the safety of everyone in and around the pool.

1. Please arrive 10 minutes before your scheduled class to ensure everyone gets the most out of each lesson.
2. **There is NO swimming in the pool before or after lessons unless you and your children are members.**
3. In order to keep distractions to a minimum please keep children not enrolled in the current lesson away from the pool edge.
4. Parents are not allowed in the water except for the Waterbabies classes.
5. Parents must sit on the benches or in the Family Viewing area during their child's lessons.
6. Any change of classes must be made by the third week of the session to ensure class stability and to keep the children with a familiar instructor.
7. No running! (This means children & parents)
8. **No food or drinks on the pool deck.** Water is the only exception.
9. No glass containers around the pool area.
10. You may also use the summer club showers if you do not wish to wait for a shower on the pool deck.
11. Lifeguards have the power to enforce any other rules they deem necessary to ensure safety in and around the pool.

IMPORTANT SIDE NOTES:

- Please encourage your child to sit on the edge of the pool during their lessons.
- Please understand that it is normal for children in younger levels to cry the first few lessons as they are getting used to a new instructor. Instead of letting them leave the lesson encourage them to sit on the side of the pool and watch.
- With the exception of kickboards, no floatation devices will not be used in swim lessons. At DHAC we believe that floatation devices are a hindrance in the learning process, therefore you will not see them being used.
- Renewals are handed out 3 -4 weeks before the end of the session. In order to have the best chance to get into your current class we recommend that you sign up as early as possible.

**Thank you for your understanding,
Aquatics Department**