

## Children's Aquatic Program Behavior Expectations

Thank you for allowing us to teach your child to swim and enjoy the water! We consider this opportunity a privilege, and will make every effort to ensure your young swimmer loves the water as much as we do. As parents, there are several things you can do to support our efforts.

### What to bring

Bathing suit,\* towel(s), goggles, filled plastic water bottle. Please note: the Illinois Department of Public Health prohibits food and other drinks in the pool area.

### Arriving at the facility

A waiver must be completed for every participant. Non-member parents/guardians must sign in when they arrive. Please check-in at the Service Desk with your child for every session. Some programs and classes may require an ID card. **Use of the pool is restricted to children registered for a swim lesson or program. Only program participants, leaders, and parents/guardians are allowed in the locker rooms and/or the pool area.** For children not in the program, you are able to use the Fit 'N' Fun area. Where applicable, fees apply. If you will use Fit 'N' Fun, please have all intake paperwork completed and returned prior to your first session. Please allow plenty of extra time to drop off children in Fit 'N' Fun. The elevator must be used to arrive/depart the lower floor. **Access is limited to the pool and family changing areas.\*\*** Please supervise children at all times and ensure these areas remain clean. Please have your child go to the bathroom before each session. If your child requires it, a swim diaper must be worn.

### In the pool area

Participants are expected to rinse off on the lap pool deck before entering the pool. No soap is used at this station. Please be ready on the deck 5 minutes before the start of your session.† The instructor will let you and your child know when it is safe to enter the pool. Children must remain on the pool bench until permitted by the instructor to enter the water. **Parents/Guardians must remain in the pool vicinity during class/lessons.** This is of particular concern should your child need your attention or need to use the bathroom. If your child performs best without an audience, you may sit in the pool hallway. **For Orthokids/Orthoswim, there are no make-up classes if you have to miss a class or if a class is cancelled.**

All participants and parents/guardians are expected to follow these expectations. Failure to do so may result in removal from the program. If you have any questions, comments or concerns, please do not hesitate to bring them to our attention.

\*Orthokids/Orthoswim parents may need to get in the water with their child in the case of low volunteer-participant ratios.

\*\*Orthokids/Orthoswim participants have assigned usage of the family locker room (boys) and the locker room in the Rehab Department (girls).

†Orthokids/Orthoswim participants should not enter the therapy pool area before 4:10 pm.

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I agree to and will comply with the expectations listed above for my child(ren) during visits to Northwestern Medicine Delnor Health & Fitness Center.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_