



Set and Swim Aquatics, Inc.  
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## Set & Swim and Carmel Fitness Facility Policies:

From time to time, we feel it is important to remind everyone of our policies as well as those of the facility itself. If you have any questions, feel free to consult with us or call the office when you have a moment. We would love to have your feedback.

### Sign-in:

As you would with any other fitness facility, please check in at the desk when you enter and provide your name. This helps us in several ways including communicating upcoming session dates, outstanding payment information or schedule changes.

### The Set & Swim "Uniform":

An extremely important aspect of our program is to remove any barriers that distract the swimmer, or take from the instructors' times.

- Goggles are mandatory for all swimmers including adults. We suggest youth sized goggles for all children. For your convenience, we usually keep them in stock if you would like to purchase them.
- Bathing caps are mandatory for all swimmers with long hair. The purpose of this is simply to keep hair out of the students' eyes. The facility itself likes this policy as it makes the pool filter easier to keep clean. We prefer Lycra caps as they are comfortable and breathable. For your convenience, we usually keep them in stock if you would like to purchase them.
- Swim diapers are mandatory for children 3 and under as well as anyone else that has trouble in this area. Should an accident occur in the pool, all classes for the day have to be cancelled and there is a significant effort and cost associated with cleaning the water. For your convenience, we usually keep them in stock if you would like to purchase them.

### Bad Weather:

In the event of bad weather, whether it is because of lightning or snow, if you should have any question as to the status of classes, PLEASE call our office number at 226-3456 or CFRC at 225-0888. The main reason we make fridge magnets available to everyone is so that you always have our number at your finger tips. If you don't have a magnet, please let us know.

### \*\*\* Make-Up Policy:

We've changed our make-up policy. If you miss a class, we will no longer be offering make-ups. Instead, we will be offering a CFRC swim pass for 1 child + 1 adult to be used on a Saturday or Sunday between the hours of 5:00pm and 8:00pm. This pass will be valid for 4 weeks following the end of a session. The pass must be presented in order to be used.

**Changing Area:**

One of the most sensitive aspects of a swim school is changing accommodations. Children of any age are not allowed in the opposite sex locker rooms. If you are with your opposite sex child, please use the bathroom located in the viewing room.

**Contact Info:**

When you register, please make sure we have your contact information including email address. We use email as a way to communicate with you, especially when new schedules are coming out.

**Instructor Changes:**

Set & Swim will do our best to post the instructor names along with the schedule and to keep it from changing. However, from time to time changes need to be made. All of our instructors have been trained thoroughly in the techniques used in our program so the high quality you have been receiving from us will be maintained should an instructor change be necessary.

**Personal Use of Pool:**

Please arrive 15 minutes before your lesson begins. Lateness interrupts the lesson. You are not allowed to use the pool until the instructor invites you in. You must leave the pool area within 15 minutes after the lesson ends to avoid disruption of the new class. The facility does charge a nominal guest fee if you would like to use any aspect of the facility including the pool beyond your swim lessons. Please check with the desk on their adult and child rates. We encourage you to try it out as the facility has lots to offer you.

**Family Swim Time:**

CFRC is offering a special discount to Set & Swim students as well as to guests of CFRC members for their Saturday & Sunday family swim time. Starting in September, between the hours of 3:30pm and 5:30 pm on Saturday & Sunday, the cost for guests of CFRC members is \$5/swimmer and is only \$8/swimmer for Set & Swim members.

**Lollipops:**

As a treat for our swim families, we usually have lollipops available for the kids when their class is over. The Board of Health has asked the facility to not allow food in the pool area. Rather than eliminating this reward for a job well done by our students, we ask that you help us comply with this rule by having your child wait to open the lollipop until after exiting the pool area.

**Noise in the Pool Area & Mobile Phone Use:**

Often times, there are simultaneous classes being taught in the pool area. Between the instructors, the students and the parents, it can get quite noisy. Mobile phone use in the pool area is no longer allowed. If you are in the pool area and you need to make or take a call, please exit the pool area to help keep the noise manageable. We also ask that parents utilize the viewing room while their children are in class. This also helps remove the safety problem with siblings running around the pool.