

# MASHPEE FITNESS CENTER



**In an effort to ensure a safe, fun swimming experience, Mashpee Recreation asks that program participants follow these guidelines.**

Swimming lessons consist of 40 minutes of instruction.

Lessons focus on swimmer safety skills and swimming technique. Each stage contains a safety skill benchmark and a swimming skill benchmark that must be met in order to progress to the next level.

- ◆ Mashpee Rec reserves the right to test swimmers on the first day of lessons and will move swimmers into the appropriate level (if we have space in that class). However, if we cannot accommodate your child in their correct level, we reserve the right to withdraw your child from the lesson and issue a refund.
- ◆ A parent, guardian or responsible adult must remain onsite at all times during lessons.
- ◆ Instructors will not accompany children to the restroom or assist in changing children into or out of swim attire.
- ◆ All non-swimmers entering the pool area must wear blue booties over their shoes.
- ◆ If you need to speak with your child's instructor, please do not interrupt class to do so. You may speak with the lesson coordinator briefly after the lesson or leave your number to be contacted at a later time.

## **Mashpee Fitness/Mashpee Rec Locker Room Policies**

- All Mashpee Rec swimmers must be accompanied by a parent or guardian when using the locker rooms. Children are not allowed in the locker room of the opposite sex.
- The family changing room on the deck of the pool is available for parents/children of the opposite sex. There is a family bathroom located in the lobby.
- All swimmers must towel dry before exiting the pool area and wear appropriate footwear throughout the facility.
- There is to be no cell phone use in the locker rooms or on the deck of the pool. Cell phone usage zone is located in the corridor outside the locker rooms.