

SWIMMING LESSONS AND MORE

-  **LEARN TO SWIM**
-  **PARENT & CHILD
AQUATICS**
-  **PRESCHOOL
AQUATICS**
-  **PRIVATE RENTAL**
-  **PRIVATE LESSONS**

See pages 5-7 for details.

POOL HOURS

MONDAY – THURSDAY

Lap Swim: 7-9 am
Swim Lessons: 9 am-12 pm
Lap Swim: 12-1 pm
Open Community Swim: 1-4 pm
Swim Lessons: 4-7 pm

FRIDAY

Lap Swim: 7-9 am
Lap Swim: 12-1 pm
Open Community Swim: 1-4 pm

SATURDAY

Open Community Swim: 12-5 pm

SESSION SCHEDULE

See pages 6-7.

COST

Normal Swim Classes: \$45
1/2 hour Preschool Aquatics,
Parent/Child Swim

Level 5 & 6: \$75
1-hour class

Private Lessons: \$75

Semi-Private: \$75
+ \$40 for each add'l member/friend

Family Pass: \$150
Unlimited swims for a family of 4
during Community Open Swim

**Register now: umpqua.edu/roseburg-summer-fun
541.440.4668**

Swimming Lessons

PARENT & CHILD AQUATICS – COMBINED LEVELS 1 & 2

(6 months-3 years)*

30-minute sessions. This is a combination of American Red Cross Parent & Child Levels 1 and 2, and introduces parents and children to basic aquatics skills. Parents are taught to safely work with their child in the water, including how to support and hold them and to encourage participation and trying new skills. Children receive a foundation for learning to swim.

Parents are actively in the water with the children. *All children wearing diapers must wear swim diapers.

PRESCHOOL AQUATICS *(ages 4-6)*

30-minute sessions. The American Red Cross preschool program is for beginning swimmers (ages 4 and 5) with little or no prior swim instruction. The goal is to help children feel comfortable in the water without a parent. Children learn basic aquatic skills, such as entering and exiting the water, blowing bubbles through their mouth and nose, going underwater, bobbing, gliding, and staying safe. Skills presented in Preschool Levels 1 and 2 are done with instructor assistance, and set the foundation for Level 3 instruction.

LEARN-TO-SWIM *(ages 6 and up)*

Level 1 - Introduction to Water Skills

30-minute sessions. Level 1 is for beginning swimmers who have had very little or no swim instruction. The focus is on developing elementary aquatics skills, positive attitudes, good swimming habits, and safe practices in and around the water. Level 1 skills include: safely entering/exiting the water, blowing bubbles, bobbing, opening eyes underwater to retrieve submerged objects, front and back floating and gliding, alternating arm and leg action, combining stroke movements, and treading water. Most skills are performed with support.

Level 2 - Fundamental Aquatic Skills

30-minute sessions. The goal of Level 2 is to help swimmers gain familiarity with

fundamental skills and achieve success without support. Swimmers learn to float and glide on their front and back, develop simultaneous and alternating arm and leg actions, and lay a foundation for future strokes, all without support from the instructor. Students work on floating, gliding, flutter kicking, front and back crawling, turning over from front to back and back to front, retrieving objects, and jumping into water over their head.

Level 3 - Stroke Development

30-minute sessions. Level 3 builds on the skills in Level 2 through additional guided practice. Students should be very comfortable in the water and be able to swim with combined strokes on front and back without assistance. Level 3 focuses on making swimmers comfortable and safe in deep water, teaches front crawl, elementary backstroke, breath control, and submerging, builds on the fundamentals of treading water, introduces scissor and dolphin kicks, and reviews the rules for headfirst entries (seated entry dives).

Level 4 - Stroke Improvement

30-minute sessions. The goal of Level 4 is to develop confidence in the strokes and improve overall aquatic skills. Students improve skills and endurance for freestyle and backstroke, are introduced to breaststroke, sidestroke, and the basics of turns, and continue work on headfirst entries. Students must be comfortable in deep water.

Level 5 – Stroke Refinement (1 Hour)

30-minute sessions. The goal of Level 5 is to coordinate and refine strokes in swimmers who are competent in all strokes and basic diving techniques. Level 5 swimmers focus on refining their techniques, incorporating flip turns, and increasing their swimming distance. Students should be able to do one length of front and back crawling, know the elementary back, and tread water for one minute.

Level 6 – Swimming & Skill Proficiency

1-hour session. The goal of Level 6 is to

refine strokes to allow students to swim with more ease, efficiency, power, and smoothness at greater distances and to increase endurance and aquatic fitness. Level 6 has three options – Fitness Swimmer, Fundamentals of Diving, and Personal Water Safety.

PRIVATE SWIMMING LESSONS

Individual instruction is available at all levels in 30-minute sessions. Private lessons allow swimmers to benefit from a one-on-one environment, work on a specific set of skills, or address special needs or concerns that may limit the swimmer's ability to participate in a group setting. Semi-private lessons are available for up to three children, upon request and for a small additional fee.

POOL RENTAL

UCC's pool is available for rental to churches, clubs, civic groups, and private parties. It may be rented on Fridays and Saturdays, 9 am - 12:30 pm, or Sundays, 9 am - 9 pm. For information on rates, rental information, or reservations, call 541-440-4705.

Class Cancellations: Classes may be cancelled prior to second day of the session. Classes may be combined to reach enrollment requirements.

Switching Classes & Sessions: Changes to a student's enrollment must be done no later than the Thursday before the session begins. Contact Community and Workforce Training at 541-440-4668 or speak with the pool director to change classes.

Missed Classes: A student who misses class(es) will not be able to make it up; this may impede the student's ability to pass the level in which they are enrolled. If a class is unable to meet in the pool (due to an electrical storm or a pool contamination, for example) in-classroom instruction on water safety will be substituted.

Refunds: No refunds will be issued after the second day of instruction.

SESSION SCHEDULES

Session 1 ARC Learn to Swim: June 13-23 (8 days)

Course Title	Day	Time	Cost	Max
Preschool	M-Th	10:00 - 10:30	\$45	5
Preschool	M-Th	10:30 - 11:00	\$45	5
Preschool	M-Th	11:00 - 11:30	\$45	5
Preschool	M-Th	11:30 - 12:00	\$45	5
Preschool	M-Th	5:00 - 5:30	\$45	5
Preschool	M-Th	5:30 - 6:00	\$45	5
Preschool	M-Th	6:00 - 6:30	\$45	5
Preschool	M-Th	6:30 - 7:00	\$45	5
Beginner Level 1	M-Th	10:00 - 10:30	\$45	5
Beginner Level 1	M-Th	10:30 - 11:00	\$45	5
Beginner Level 1	M-Th	11:00 - 11:30	\$45	5
Beginner Level 1	M-Th	11:30 - 12:00	\$45	5
Beginner Level 1	M-Th	5:00 - 5:30	\$45	5
Beginner Level 1	M-Th	5:30 - 6:00	\$45	5
Beginner Level 1	M-Th	6:00 - 6:30	\$45	5
Beginner Level 1	M-Th	6:30 - 7:00	\$45	5
Beginner Level 2	M-Th	10:00 - 10:30	\$45	5
Beginner Level 2	M-Th	10:30 - 11:00	\$45	5
Beginner Level 2	M-Th	11:00 - 11:30	\$45	5
Beginner Level 2	M-Th	11:30 - 12:00	\$45	5
Beginner Level 2	M-Th	5:00 - 5:30	\$45	5
Beginner Level 2	M-Th	5:30 - 6:00	\$45	5
Beginner Level 2	M-Th	6:00 - 6:30	\$45	5
Beginner Level 2	M-Th	6:30 - 7:00	\$45	5
Intermediate Level 3	M-Th	10:00 - 10:30	\$45	5
Intermediate Level 3	M-Th	10:30 - 11:00	\$45	5
Intermediate Level 3	M-Th	11:00 - 11:30	\$45	5
Intermediate Level 3	M-Th	11:30 - 12:00	\$45	5
Intermediate Level 3	M-Th	5:00 - 5:30	\$45	5
Intermediate Level 3	M-Th	5:30 - 6:00	\$45	5
Intermediate Level 3	M-Th	6:00 - 6:30	\$45	5
Intermediate Level 3	M-Th	6:30 - 7:00	\$45	5
Intermediate Level 4	M-Th	10:30 - 11:00	\$45	5
Intermediate Level 4	M-Th	11:30 - 12:00	\$45	5
Intermediate Level 4	M-Th	5:30 - 6:00	\$45	5
Intermediate Level 4	M-Th	6:30 - 7:00	\$45	5
Advanced - 5&6 Comb	M-Th	11:00 - 12:00	\$75	10
Advanced - 5&6 Comb	M-Th	6:00 - 7:00	\$75	10
Parent/Child Swim	M-Th	11:00 - 11:30	\$45	8
Parent/Child Swim	M-Th	11:30 - 12:00	\$45	8
Parent/Child Swim	M-Th	6:00 - 6:30	\$45	8
Parent/Child Swim	M-Th	6:30 - 7:00	\$45	8
Private Swim/Semi-Private	M-Th	9:00 - 9:30	\$75	8
Private Swim/Semi-Private	M-Th	9:30 - 10:00	\$75	8
Private Swim/Semi-Private	M-Th	4:00 - 4:30	\$75	8
Private Swim/Semi-Private	M-Th	4:30 - 5:00	\$75	8

Session 2 ARC Learn to Swim: June 27-July 8 (8 days)

)No lessons on July 1 or July 4

Course Title	Day	Time	Cost	Max
Preschool	M-F	10:00 - 10:30	\$45	5
Preschool	M-F	10:30 - 11:00	\$45	5
Preschool	M-F	11:00 - 11:30	\$45	5
Preschool	M-F	11:30 - 12:00	\$45	5
Preschool	M-F	5:00 - 5:30	\$45	5
Preschool	M-F	5:30 - 6:00	\$45	5
Preschool	M-F	6:00 - 6:30	\$45	5
Preschool	M-F	6:30 - 7:00	\$45	5
Beginner Level 1	M-F	10:00 - 10:30	\$45	5
Beginner Level 1	M-F	10:30 - 11:00	\$45	5
Beginner Level 1	M-F	11:00 - 11:30	\$45	5
Beginner Level 1	M-F	11:30 - 12:00	\$45	5
Beginner Level 1	M-F	5:00 - 5:30	\$45	5
Beginner Level 1	M-F	5:30 - 6:00	\$45	5
Beginner Level 1	M-F	6:00 - 6:30	\$45	5
Beginner Level 1	M-F	6:30 - 7:00	\$45	5
Beginner Level 2	M-F	10:00 - 10:30	\$45	5
Beginner Level 2	M-F	10:30 - 11:00	\$45	5
Beginner Level 2	M-F	11:00 - 11:30	\$45	5

Beginner Level 2	M-F	11:30 - 12:00	\$45	5
Beginner Level 2	M-F	5:00 - 5:30	\$45	5
Beginner Level 2	M-F	5:30 - 6:00	\$45	5
Beginner Level 2	M-F	6:00 - 6:30	\$45	5
Beginner Level 2	M-F	6:30 - 7:00	\$45	5
Intermediate Level 3	M-F	10:00 - 10:30	\$45	5
Intermediate Level 3	M-F	10:30 - 11:00	\$45	5
Intermediate Level 3	M-F	11:00 - 11:30	\$45	5
Intermediate Level 3	M-F	11:30 - 12:00	\$45	5
Intermediate Level 3	M-F	5:00 - 5:30	\$45	5
Intermediate Level 3	M-F	5:30 - 6:00	\$45	5
Intermediate Level 3	M-F	6:00 - 6:30	\$45	5
Intermediate Level 3	M-F	6:30 - 7:00	\$45	5
Intermediate Level 4	M-F	10:30 - 11:00	\$45	5
Intermediate Level 4	M-F	11:30 - 12:00	\$45	5
Intermediate Level 4	M-F	5:30 - 6:00	\$45	5
Intermediate Level 4	M-F	6:30 - 7:00	\$45	5
Advanced - 5&6 Comb	M-F	11:00 - 12:00	\$75	10
Advanced - 5&6 Comb	M-F	6:00 - 7:00	\$75	10
Parent/Child Swim	M-F	11:00 - 11:30	\$45	8
Parent/Child Swim	M-F	11:30 - 12:00	\$45	8
Parent/Child Swim	M-F	6:00 - 6:30	\$45	8
Parent/Child Swim	M-F	6:30 - 7:00	\$45	8
Private Swim/Semi-Private	M-F	9:00 - 9:30	\$75	8
Private Swim/Semi-Private	M-F	9:30 - 10:00	\$75	8
Private Swim/Semi-Private	M-F	4:00 - 4:30	\$75	8
Private Swim/Semi-Private	M-F	4:30 - 5:00	\$75	8

Session 3 ARC Learn to Swim: July 11-21 (8 days)

Course Title	Day	Time	Cost	Max
Preschool	M-Th	10:00 - 10:30	\$45	5
Preschool	M-Th	10:30 - 11:00	\$45	5
Preschool	M-Th	11:00 - 11:30	\$45	5
Preschool	M-Th	11:30 - 12:00	\$45	5
Preschool	M-Th	5:00 - 5:30	\$45	5
Preschool	M-Th	5:30 - 6:00	\$45	5
Preschool	M-Th	6:00 - 6:30	\$45	5
Preschool	M-Th	6:30 - 7:00	\$45	5
Beginner Level 1	M-Th	10:00 - 10:30	\$45	5
Beginner Level 1	M-Th	10:30 - 11:00	\$45	5
Beginner Level 1	M-Th	11:00 - 11:30	\$45	5
Beginner Level 1	M-Th	11:30 - 12:00	\$45	5
Beginner Level 1	M-Th	5:00 - 5:30	\$45	5
Beginner Level 1	M-Th	5:30 - 6:00	\$45	5
Beginner Level 1	M-Th	6:00 - 6:30	\$45	5
Beginner Level 1	M-Th	6:30 - 7:00	\$45	5
Beginner Level 2	M-Th	10:00 - 10:30	\$45	5
Beginner Level 2	M-Th	10:30 - 11:00	\$45	5
Beginner Level 2	M-Th	11:00 - 11:30	\$45	5
Beginner Level 2	M-Th	11:30 - 12:00	\$45	5
Beginner Level 2	M-Th	5:00 - 5:30	\$45	5
Beginner Level 2	M-Th	5:30 - 6:00	\$45	5
Beginner Level 2	M-Th	6:00 - 6:30	\$45	5
Beginner Level 2	M-Th	6:30 - 7:00	\$45	5
Intermediate Level 3	M-Th	10:00 - 10:30	\$45	5
Intermediate Level 3	M-Th	10:30 - 11:00	\$45	5
Intermediate Level 3	M-Th	11:00 - 11:30	\$45	5
Intermediate Level 3	M-Th	11:30 - 12:00	\$45	5
Intermediate Level 3	M-Th	5:00 - 5:30	\$45	5
Intermediate Level 3	M-Th	5:30 - 6:00	\$45	5
Intermediate Level 3	M-Th	6:00 - 6:30	\$45	5
Intermediate Level 3	M-Th	6:30 - 7:00	\$45	5
Intermediate Level 4	M-Th	10:30 - 11:00	\$45	5
Intermediate Level 4	M-Th	11:30 - 12:00	\$45	5
Intermediate Level 4	M-Th	5:30 - 6:00	\$45	5
Intermediate Level 4	M-Th	6:30 - 7:00	\$45	5
Advanced - 5&6 Comb	M-Th	11:00 - 12:00	\$75	10
Advanced - 5&6 Comb	M-Th	6:00 - 7:00	\$75	10
Parent/Child Swim	M-Th	11:00 - 11:30	\$45	8
Parent/Child Swim	M-Th	11:30 - 12:00	\$45	8
Parent/Child Swim	M-Th	6:00 - 6:30	\$45	8
Parent/Child Swim	M-Th	6:30 - 7:00	\$45	8
Private Swim/Semi-Private	M-Th	9:00 - 9:30	\$75	8
Private Swim/Semi-Private	M-Th	9:30 - 10:00	\$75	8
Private Swim/Semi-Private	M-Th	4:00 - 4:30	\$75	8
Private Swim/Semi-Private	M-Th	4:30 - 5:00	\$75	8

Session 4 ARC Learn to Swim: July 25-August 4 (8 days)

Course Title	Day	Time	Cost	Max
Preschool	M-Th	10:00 - 10:30	\$45	5
Preschool	M-Th	10:30 - 11:00	\$45	5
Preschool	M-Th	11:00 - 11:30	\$45	5
Preschool	M-Th	11:30 - 12:00	\$45	5
Preschool	M-Th	5:00 - 5:30	\$45	5
Preschool	M-Th	5:30 - 6:00	\$45	5
Preschool	M-Th	6:00 - 6:30	\$45	5
Preschool	M-Th	6:30 - 7:00	\$45	5
Beginner Level 1	M-Th	10:00 - 10:30	\$45	5
Beginner Level 1	M-Th	10:30 - 11:00	\$45	5
Beginner Level 1	M-Th	11:00 - 11:30	\$45	5
Beginner Level 1	M-Th	11:30 - 12:00	\$45	5
Beginner Level 1	M-Th	5:00 - 5:30	\$45	5
Beginner Level 1	M-Th	5:30 - 6:00	\$45	5
Beginner Level 1	M-Th	6:00 - 6:30	\$45	5
Beginner Level 1	M-Th	6:30 - 7:00	\$45	5
Beginner Level 2	M-Th	10:00 - 10:30	\$45	5
Beginner Level 2	M-Th	10:30 - 11:00	\$45	5
Beginner Level 2	M-Th	11:00 - 11:30	\$45	5
Beginner Level 2	M-Th	11:30 - 12:00	\$45	5
Beginner Level 2	M-Th	5:00 - 5:30	\$45	5
Beginner Level 2	M-Th	5:30 - 6:00	\$45	5
Beginner Level 2	M-Th	6:00 - 6:30	\$45	5
Beginner Level 2	M-Th	6:30 - 7:00	\$45	5
Intermediate Level 3	M-Th	10:00 - 10:30	\$45	5
Intermediate Level 3	M-Th	10:30 - 11:00	\$45	5
Intermediate Level 3	M-Th	11:00 - 11:30	\$45	5
Intermediate Level 3	M-Th	11:30 - 12:00	\$45	5
Intermediate Level 3	M-Th	5:00 - 5:30	\$45	5
Intermediate Level 3	M-Th	5:30 - 6:00	\$45	5
Intermediate Level 3	M-Th	6:00 - 6:30	\$45	5
Intermediate Level 3	M-Th	6:30 - 7:00	\$45	5
Intermediate Level 4	M-Th	10:00 - 10:30	\$45	5
Intermediate Level 4	M-Th	10:30 - 11:00	\$45	5
Intermediate Level 4	M-Th	11:00 - 11:30	\$45	5
Intermediate Level 4	M-Th	11:30 - 12:00	\$45	5
Intermediate Level 4	M-Th	5:00 - 5:30	\$45	5
Intermediate Level 4	M-Th	5:30 - 6:00	\$45	5
Intermediate Level 4	M-Th	6:00 - 6:30	\$45	5
Intermediate Level 4	M-Th	6:30 - 7:00	\$45	5
aAdvanced - 5&6 Comb	M-Th	6:00 - 7:00	\$75	10
Parent/Child Swim	M-Th	11:00 - 11:30	\$45	8
Parent/Child Swim	M-Th	11:30 - 12:00	\$45	8
Parent/Child Swim	M-Th	6:00 - 6:30	\$45	8
Parent/Child Swim	M-Th	6:30 - 7:00	\$45	8
Private Swim/Semi-Private	M-Th	9:00 - 9:30	\$75	8
Private Swim/Semi-Private	M-Th	9:30 - 10:00	\$75	8
Private Swim/Semi-Private	M-Th	4:00 - 4:30	\$75	8
Private Swim/Semi-Private	M-Th	4:30 - 5:00	\$75	8

Session 5 ARC Learn to Swim: August 4-18 (8 days)

Course Title	Day	Time	Cost	Max
Preschool	M-Th	10:00 - 10:30	\$45	5
Preschool	M-Th	10:00 - 10:30	\$45	5
Preschool	M-Th	10:30 - 11:00	\$45	5
Preschool	M-Th	11:30 - 12:00	\$45	5
Preschool	M-Th	5:00 - 5:30	\$45	5
Preschool	M-Th	5:30 - 6:00	\$45	5
Preschool	M-Th	6:30 - 7:00	\$45	5
Beginner Level 1	M-Th	10:00 - 10:30	\$45	5
Beginner Level 1	M-Th	10:30 - 11:00	\$45	5
Beginner Level 1	M-Th	11:00 - 11:30	\$45	5
Beginner Level 1	M-Th	5:00 - 5:30	\$45	5
Beginner Level 1	M-Th	5:30 - 6:00	\$45	5
Beginner Level 1	M-Th	6:00 - 6:30	\$45	5
Beginner Level 2	M-Th	10:00 - 10:30	\$45	5
Beginner Level 2	M-Th	10:30 - 11:00	\$45	5
Beginner Level 2	M-Th	11:00 - 11:30	\$45	5
Beginner Level 2	M-Th	11:30 - 12:00	\$45	5
Beginner Level 2	M-Th	5:00 - 5:30	\$45	5
Beginner Level 2	M-Th	5:30 - 6:00	\$45	5
Beginner Level 2	M-Th	6:00 - 6:30	\$45	5
Beginner Level 2	M-Th	6:30 - 7:00	\$45	5
Intermediate Level 3	M-Th	10:00 - 10:30	\$45	5

Intermediate Level 3	M-Th	10:30 - 11:00	\$45	5
Intermediate Level 3	M-Th	11:00 - 11:30	\$45	5
Intermediate Level 3	M-Th	5:00 - 5:30	\$45	5
Intermediate Level 3	M-Th	5:30 - 6:00	\$45	5
Intermediate Level 3	M-Th	6:00 - 6:30	\$45	5
Intermediate Level 4	M-Th	10:00 - 10:30	\$45	5
Intermediate Level 4	M-Th	10:30 - 11:00	\$45	5
Intermediate Level 4	M-Th	11:30 - 12:00	\$45	5
Intermediate Level 4	M-Th	5:00 - 5:30	\$45	5
Intermediate Level 4	M-Th	5:30 - 6:00	\$45	5
Intermediate Level 4	M-Th	6:30 - 7:00	\$45	5
Advanced - 5&6 Comb	M-Th	11:00 - 12:00	\$75	10
Advanced - 5&6 Comb	M-Th	6:00 - 7:00	\$75	10
Parent/Child Swim	M-Th	11:00 - 11:30	\$45	8
Parent/Child Swim	M-Th	11:30 - 12:00	\$45	8
Parent/Child Swim	M-Th	6:00 - 6:30	\$45	8
Parent/Child Swim	M-Th	6:30 - 7:00	\$45	8
Private Swim/Semi-Private	M-Th	9:00 - 9:30	\$75	8
Private Swim/Semi-Private	M-Th	9:30 - 10:00	\$75	8
Private Swim/Semi-Private	M-Th	4:00 - 4:30	\$75	8
Private Swim/Semi-Private	M-Th	4:30 - 5:00	\$75	8

INFORMATION AND POLICIES

Instructors: The majority of UCC instructors are local high school and college students who are American Red Cross certified instructors, have experience teaching swim lessons, or are accomplished swimmers themselves. Instructors follow the American Red Cross guidelines and are certified in First Aid, CPR and AED. Every attempt is made to ensure students learn from the same instructor(s) during the course of a swim session. However, when an instructor is ill, it may be necessary to use a substitute. Concerns regarding pool instruction should be directed to the head lifeguards and/or pool director.

Attire: Swimsuits are required. All students not toilet trained must wear a swim diaper. Students dressed and ready to swim before the designated class time.

First Class: Parents/guardians and students will meet in the pool bleachers for the first five minutes with the instructor(s). Students will be assessed to ensure they are in the appropriate level. If a student's skill level is not appropriate for the level in which he/she is enrolled, the student will be moved appropriately.

Last Class: The last day of class is "graduation", when students will receive their certificates and participate in recreational swimming.

Class Completion & Level Progression: Without practice, swimming skills may diminish. If several months have elapsed between swim lessons, it may be necessary to place a student in a class that he/she previously passed due to the skill level at the time of enrollment. Students should be able to perform previous level skills before moving on to the next level. Completion or participation certificates are handed out the last day of class. In addition, a copy of a blank class progression certificate listing the level skills is available from the pool director. Keep all certificates for an accurate record of student(s) progress.

Reminders for Parents/Guardians: Parents/guardians are asked to drop off and pick up their student(s) on time. Parents/guardians are asked to observe classes from the bleachers and to remain off the pool deck. If a parent/guardian creates a distraction to the class, the pool director reserves the right to request that the parent/guardian relocate. Unless otherwise deemed necessary (see above), parents/guardians are asked to remain in the pool area throughout the entire lesson in case of an emergency (or if the swim class student needs to use the restroom during class). Parents/guardians are asked to have their swim class student(s) use the bathroom before each class. If a student needs to use the bathroom while the class is in progress, the instructor will signal the parent/guardian to get the student. Swim instructors cannot leave a class unattended to take students to the bathroom. Students will not be allowed to go into the locker room alone. Do not leave valuables in unlocked lockers in the locker rooms. The security of items in unsecured lockers cannot be guaranteed.