

# Welcome to Rochester Swim Club - Swim Lessons!



Rochester Swim Club – Swim Lessons

[www.rochesterswimclub.com](http://www.rochesterswimclub.com)

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## Policies, Procedures & More

We teach the SwimAmerica curriculum which focuses on specific skills in each level designed to build on each other. The result is a flexible program that allows your swimmer to progress at their own pace opposed to waiting a full session to advance to the next level.

We offer year-round swimming lessons in both a group and private format. Group lessons are offered for anyone ages 3-12 that are potty trained.

### **DATES OF LESSONS:**

Please reference the website for lesson times and dates for the session. This is also accessible on your confirmation email or under your registrations within your Orcas account.

### **LOCATION OF LESSONS:**

*Offered year-round:* Rochester Recreation Center (21 Elton Hills Drive NW)

*Summer:* Soldiers Field & Silver Lake pools, both outdoors

### **SAFETY ITEMS AND INSTRUCTORS:**

Keeping your swimmers safe is our #1 priority. A lifeguard is present at all group lessons offered.

Swimmer to instructor ratio of 4:1.

The majority of our instructors are Rochester Swim Club competitive swimmers. They work hard to balance their own practices, schoolwork and our lessons so they can be a part of the new generation of swimmers in our community. We also have a handful of adults that were previous swimmers and have a ray of swimming knowledge.

### ENTRANCE TO THE REC CENTER:

To get the pool, enter through the Rec Center door #4, which is located off the main parking lot on the south side of the building. You will walk down the stairs, straight ahead down the hallway is the locker rooms; to the left at the bottom of the stairs is the door to the pool. Parents will remain in the hallway while lessons take place, you can view the warm pool through the windows.

Please do not enter the hallway area by the pool entrance any earlier than 5 minutes before class starts. The space is quite small and there is a good chance other lessons are going on right before your designated time slot.

### REGISTRATIONS/REFUNDS:

All registrations are final, no refunds are allowed

### LESSON DETAILS:

All lessons are instructor led, no parents will be in the water or allowed in the glass area of the Rec Center warm water pool.

All lessons are 30 minutes in length.

### LESSON CANCELLATIONS:

**ALL COMMUNICATION WILL OCCUR THROUGH THE RAINOUT LINE APP** – you can download the app on your phone, visit the website or call the phone number for any updates. **BE SURE TO REGISTER TO RECEIVE NOTIFICATIONS VIA EMAIL OR TEXT.**

All notifications will also be posted on our Facebook page (Rochester Orcas Swim Lessons) as well. **No emails will be sent out regarding cancellations!**

Pool accidents do occur at times, as we work with children, and this is our only way of communicating these to you. Also, inclement weather or any other situation which may cause us to cancel.



**Communication for Cancellations & Updates**

**Rainout Line**  
(507) 690-6110  
View on-line or use the free app!

Sign-up to receive text alerts/emails

1. Download the app or go online:  
[www.rainoutline.com](http://www.rainoutline.com), search ROCHESTER SWIM CLUB, click on Rochester Swim Club
2. On left margin, select email/text alerts & register for your preferred method

### **MISSED LESSONS:**

If your child misses any lessons due to illness, vacation, other commitments, etc. we do not offer any make-up lessons.

If we cancel lessons, we will do our best to offer a make-up lesson during the session in which the lesson was cancelled, however this is not a guarantee. In some cases, if multiple lessons have been canceled, we may offer a refund for those missed lessons however again, this is not a guarantee.

### **LOCKER ROOM POLICY:**

All persons must use the Rec Center locker rooms for changing, etc, unless you bring your child with their suit on and ready to go. There are showers available in both locker rooms.

**NO FAMILY LOCKER ROOMS ARE AVAILABLE**

**CHILDREN AGES 5 & OLDER NEED TO USE THEIR APPROPRIATE LOCKER ROOMS**

There is no deck changing allowed (changing into or out of a swimsuit on deck)

- The locker rooms are shared with the swim team, divers and others. Please be respectful of everyone and do not leave anything in the locker rooms. You are responsible for any items you bring into the facility.
- Due to the shared locker rooms, there may be times the locker rooms will NOT be available for lesson to use due to events taking place in the large pool. All registrants will be notified prior to those closures if that should take place. In these instances, you will need to towel dry your swimmer and put warm clothes over their suits when you leave the building.

### **ITEMS TO BRING TO LESSONS:**

Swimmers should bring a swimsuit and towel to lessons. Goggles and swim caps are optional, however goggles are highly encouraged. No over the nose goggles are allowed!

Goggles are available for purchase from a deck manager for \$12 each, cash or check accepted.

### **DURING LESSONS:**

Only lifeguards, instructors and swimmers are allowed in the warm water pool area. Bathrooms are available for swimmers during their lesson if needed on the pool deck.

It may take a couple of lessons to make sure all swimmers are placed in the correct level, so you may see your swimmer moving to another group right away. We want to ensure that the kids are placed by ability with other kids.

Please feel free to talk to the deck manager before or after class. For safety reasons we ask that you refrain from conversations with deck managers while class is occurring.

### **REGISTERING FOR MORE LESSONS:**

If after this session, you would like to register for more lessons and continue please register on our website. All information is posted on our website:

[www.rochesterswimclub.com](http://www.rochesterswimclub.com) under swim lessons.

We host group and private lessons year-round.

### **HOW WILL I KNOW IF MY SWIMMER MOVES UP A LEVEL OR WHAT LEVEL THEY ARE IN:**

Feel free to ask our deck manager for any updated information regarding your swimmer. If your swimmer moves to another level, they will be able to ring the bell at the completion of that lesson, which they just moved up. They will also have their name added to our Bell Ringer Board, which is outside the pool area.

For more answers to questions, check out our Frequently Asked Questions [HERE!](#)

### **QUESTIONS/CONTACT:**

Please let us know if you have any questions, we appreciate you swimming with us:

Feel free to email us: [ashleigh@rochesterswimclub.com](mailto:ashleigh@rochesterswimclub.com)