

Committed to Excellence!



Welcome new swimmer! We're really looking forward to seeing you! Here's everything you'll need to know for your first pool session...

What to bring!

- **Swim Suit & Towel** – We ask that you please do NOT use the hotel's pool towels so as not to create additional work for the housekeeping staff.
- **Quality goggles will be provided and are recommended.** If you do not already own properly fit, high quality goggles, please feel free to use ours during your lesson. If you would like to purchase your own goggles, feel free to contact our office for advice on selection and availability from local retailers.
- **Swim Cap** - Recommended for swimmers with longer hair. Lycra caps fit comfortably with no hair-pulling and do a great job keeping wet hair off of swimmer's faces. But if you prefer, you can tie your hair back in a ponytail.
- **Non-Slip Deck Shoes** - Water shoes seem to work best. Be careful, flip-flops can be very slippery and are not recommended.
- **Swim Diapers** - For students younger than 3 years, we require two layers of swim diapers under the child's swim suit. An "accident" in the pool would result in immediate closure of the pool and costly disinfecting measures. We thank you for your understanding.

Upon arrival - All students and their families are asked to conduct themselves as though you are visiting a library when you are in the hotel. Speak softly and walk quietly. No running for safety's sake. Please observe all posted rules.

- Please arrive 10 minutes early for your first class and wait quietly with your child prior to the start of your lesson.
- If your child needs to change into their swim suit, please be discreet and use the restroom located in the corridor outside of the pool area. Do not change children in any public areas within the facility
- For safety reasons, we ask that children walk slowly and small children should be held by the hand since the deck is slippery when wet. Walk your child carefully to the pool stairs where the instructor will escort them into the water. Students should not enter the water until their instructor invites them.
- Once the lesson begins, parents may observe lessons from the pool deck, but we ask that sit away from the instructional area and remain quiet. We appreciate your understanding in helping us to keep the pool environment free of distraction during your child's lesson.
- A changing room/rest room is located on the pool deck. Use of that restroom needs to be limited to **NO MORE THAN 5 MINUTES** in order to reserve time for other students. Additional restrooms are located a short distance from the pool area in the adjacent corridor. **Please take extreme care not to track water into the corridor creating a slippery hazard. Failure to do so could jeopardize our programs continuance within our host facility. Your cooperation is greatly appreciated.**

We greatly appreciate your understanding and cooperation in helping us to create a great learning environment for your child. Of course, if you have any questions, please contact our program director any time at (570) 664-1716 to discuss your child's progress within our program. Thank you for partnering with us in our commitment to excellence!

Pool Location: Hampton Inn and Suites, 700 Commerce Boulevard Stroudsburg, PA

The hotel is located next to St. Luke's Hospital and directly across and below Dick's Sporting Goods. To enter the pool, go through the front main entrance to the hotel, go past the front desk through the corridor and the pool is located in front of you after you have passed the front desk. **PLEASE KNOCK ON THE GLASS POOL DOOR TO GAIN ACCESS .THIS DOOR MUST OTHERWISE REMAIN LOCKED FOR SERCURITY REASONS. PLEASE DO NOT DISTURB THE HOTEL FRONT DESK STAFF. Thank you so much**

Committed to Excellence!

