



WELCOME PACKAGE

Thank you for choosing Brooklyn Lifestyle Athletic Club as your premiere location to learn how to swim! In addition to being AMAZING, all of our swim instructors are required to maintain a current Water Safety Instructor certification through the American Red Cross, so you are in safe hands!

Please take a moment to read through the information below and learn about what to expect so you can prepare to have an AWESOME experience at BKLA Swim Academy.

GETTING PREPARED – WHAT DO I NEED?

- ✓ Swim Suit
- ✓ Swim Cap
- ✓ Goggles
- ✓ Towels
- ✓ Dry clothes
- ✓ Drawstring bag or backpack for clothes and towel
- ✓ Mask for Pool Deck

BEFORE THE FIRST DAY:

If your child is enrolled, talk to them about swimming before the lessons start, so they understand what to expect. Tell them they will be in the water with a teacher, practice getting in and out of the water as well as listening skills and the importance of following the instructors directions. For adults, please make sure to read this packet thoroughly so that you are equipped with everything you need.



IMPORTANT DOCUMENTS TO SIGN BEFORE YOUR FIRST DAY:

Please review and sign the Student Waiver, Swim Lesson Agreement and Emergency Contact Form and bring to the front desk before you check in for your first day of swim lessons.

ON THE FIRST DAY OF LESSONS:

Be Clean. Please shower before arrival.

Be Calm and Excited. It is extremely important that everyone is calm and excited to be going to swim lessons. Being in a rush or stressed right before a lesson can create a feeling of panic before you reach the pool. If you get to the pool and you get nervous, it is extremely important to REMAIN CALM. Our instructors know what to do, and we have extensive experience.

Please arrive early. Arrive 10 to 15 minutes early on the day of your first lesson. This will ensure you have enough time to park, check in with our office, sign a few documents and wait by the pool for the swim instructor to call your name.

Be ready to swim. Please arrive in your swim clothes before entering the facility. This will help mentally and physically prepare for getting in the water. Once you enter the pool area, all you have to do is get in the water. You should have a small drawstring bag for your clothes and towel.



CHECK IN, LESSONS, CHECK OUT

When you arrive at the facility to check in you will be directed to the BKLA Swim Desk. On the first day of swim, you will be asked to take a picture, sign a few waivers and submit your emergency contact list to our Swim Administrator, who will scan into your profile. After the first day of swim you will continue to check-in at the same desk. After you are fully checked in you will move to the BKLA Cafe waiting area. Check in will begin 15 minutes prior to class start.

BKLA Swim staff will call and direct your group to move into pool. You can meet your student at the end of the pool deck when the class ends the BKLA Swim Staff will call you.

Students will be escorted straight out to the deck through the doors to their assigned class section.

The pool doors will lock 15 minutes after class begins. Students will not be admitted once the doors are locked. Class Sections will be noted on the TV monitors in the BKLA Cafe. Restrooms are cleaned and disinfected at the end of each session. Use at your own risk. Students will each be assigned a cone by their instructor next to which they are to leave their belongings.

There will be a 5-minute warning (3 short whistle blasts) 5 minutes prior to the end of the lesson. Students must leave immediately through the designated exit door at the conclusion of their lesson, parents can meet their children when BKLA Swim Staff calls your name. Locker room changing areas and indoor showers will not be available for showering or changing. There are cabanas on the pool deck that can be utilized for changing if necessary.



COVID-19 PRECAUTIONS

1. Fully Vaccinated Staff
2. Wearing face coverings are encouraged. BKLA Swim Staff will wear face shields at all times.
3. Social distancing of six (3) feet will be strictly enforced
4. Frequent hand washing when not in the pool is encouraged
5. All lesson Equipment will be disinfected/sanitized at the conclusion of each lesson in accordance with CDC and NYC Disinfection guidelines.
6. Between each program block there is a 10-15 minute disinfection period where all high touch surfaces will be disinfected prior to the next group entering.
7. Only ONE parent will be allowed to accompany students for designated sessions.

The following restrictions have been put in place to help reduce the spread of the COVID-19 virus. Please read and follow these additional rules to help us protect our students, patrons and staff.

1. Showers and lockers will NOT be available. It is recommended patrons come in their swimsuit and leave in their swimsuit.
2. Patrons will enter the pool area from the pool doors at the designated entrance. They will be checked in by staff for their scheduled time.
3. Personal belongings will be left at the end of your assigned lane.
4. Any used equipment should be placed in the bin by the exit, so it can be disinfected before reuse.
5. Additional hand sanitizer stations will be established at all entrances.

Email us for more information info@bklanyc.com