



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**

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

1. When you arrive at the facility to check in you will be directed to the front desk. Please walk with your ID and sign in with the front desk associate. They will be able to direct you to the pool.
2. After you are checked in, please proceed to the Swimming pool area. The Swim desk will direct you to the changing rooms. A BKLA staff member will be present to take attendance. 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.
3. Once changed for your lesson, proceed to the seating area and wait for your class to be called.
4. BKLA Swim staff will call and direct your group to move into the pool. You can wait for your student in the seating area.
5. Once called students will be escorted directly to the pool in their assigned class section.
6. Students will not be permitted into class 15 minutes after the start.
7. There will be a 5-minute warning (3 short whistle blasts) 5 minutes prior to the end of the lesson.
8. Students must leave immediately through the designated exit door at the conclusion of their lesson, parents can meet children at the pool deck.
9. Locker room changing areas and indoor showers will be available for showering or changing.
10. No Street Shoes are permitted on the pool deck and anyone entering the pool MUST wear a swim cap.



11. To maintain scheduling efficiency, we kindly request a minimum of **24 hours' notice** if you are unable to attend a class. Please note that make-up classes are available only for **full 8-lesson sessions**, there will be no make-up for anything less.

Email us for more information info@bklanyc.com