

Swim Lessons

for your safe return...



Red Cross Swim Lessons will be a little different please take note:

Following Red Cross COVID-19 guidelines with the safety of our instructors and participants in mind instructors will be wearing a mask or face shield and may teach some skills on the deck during lessons. Swim Lessons are designed to be hands on therefore all levels from Starfish/Duck to Swim Kids 4 will require parent/guardian participation in the water.

The following levels will require a parent or guardian in the water with each learner:

- * All Preschool levels
- * Swim Kids 1-4

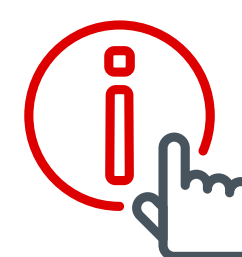
SPECTATORS ARE NOT PERMITTED AT THIS TIME.

A parent or guardian must actively participate in the water assisting and assuring safety of the learner during each lesson. This requirement will stay in effect until further notice. It is best if possible to have a consistent person in the water throughout the set of lessons. Lesson maximums have been reduced to ensure physical distancing while in and out of the water.

- Come dressed ready to swim, access to the change rooms is permitted 5 minutes prior.
- Shower before entering the pool.
- Wait on the pool deck at the swim lesson cone with appropriate level sign.
- Children who are not potty trained are required to wear a swim diaper.
- Showers are available after lessons for a quick rinse, participants have 5 minutes to exit the change rooms.



Masks are REQUIRED between activities for those 12 years and up



Check-in with the host

Please visit us at mission.ca/leisure for more information.



mission.ca/Leisure