



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

WATER FITNESS INFORMATION

REGISTERING FOR CLASSES: Registration for water fitness classes must be done in person by you or a friend. A registration form must be filled out by those who are new to the water fitness program and again at the beginning of every year. Members may start signing up on the 15th and non-members on the 20th of the month, prior to the first of the month in which you will start. Registration ends on the last day of that month.

WAITING LIST: When a class that you prefer is full, it is helpful to have your name put on a waiting list. In some cases the class size may be increased to accommodate you and if that is not an option, it still gives us an idea as to the possible need for additional classes.

LATE FEE: If you register for a class on the first day of the month or after, there will be a \$5.00 late fee added to the cost of the class. This is simply to encourage participants to sign up on time, as the instructors need to know who to expect in class.

SIGNING IN: It is important for all participants to place a checkmark next to their name in the water fitness book located at the front desk near the towel station. This helps us keep track of our participants and to locate them if need be.

ORIENTATION: For those not familiar with water exercise, and for specified classes only, we ask that you arrive ten minutes before the start of the first class of the session. This allows instructors a few minutes of one-on-one time with you to help with belts, bar-bells and basic information.

SHOWERING: Keeping our pool clean is important to all of us. We ask that you not apply perfumes, lotions or deodorants before entering the pool. In addition, we ask that you shower thoroughly to ensure that your skin and swimsuit are free of these substances. The air quality and the life of your bathing suite will improve.

ARRIVING EARLY: For those who arrive early to class and would like to enter the pool, we ask that you remain in the shallow end. There is an area between the lifeguard and the flags that hang above the pool in which you are welcome to walk and warm-up until your class begins. Please be respectful of the other classes and keep talking to a minimum so the participants in the other class can still hear their teacher.

CLASS ETIQUETTE: Water fitness classes, like any other gathering, can be a wonderful social outlet. While we encourage friendships, we also want to remind everyone to be considerate of others. For some it is hard to focus on exercise when the temptation to talk is so great. Please consider the needs of fellow participants who wish to benefit from the teacher's instruction.

BRINGING A GUEST: In order to bring a guest to a water fitness class, you must first speak with our Aquatics Director to receive a laminated guest pass card. Next you must check your guest in and pay the appropriate guest fee at the front desk. Bring the guest pass card to your water fitness instructor and your guest will be allowed to participate in the class.

TRYING OUT A NEW CLASS: Any member or non-member may try a water fitness class before registering for that class. First you will need to speak with our Aquatics Director to receive a laminated guest pass card. Then sign the Guest Book that is kept at the front desk and bring the guest pass card to the water fitness instructor before participating in the class.

MAKING UP MISSED CLASSES: There will be no make-up classes for missed classes.

PARTICIPATING IN CLASS WITHOUT REGISTERING: On occasion we've had regular and loyal participants forget to register for the new session. If your name does not appear on the roster at the beginning of the new session, your instructor will ask you to please register prior to attending again. If this becomes a pattern, the Aquatics Director will be notified.

WEATHER POLICY: During the summer we may need to close the pool due to thunder and/or lightening. In the winter, classes may be cancelled due to snow. To inquire about pool closings, call the Spears Aquatics Hotline at (336) 387-9636. If a class has been cancelled, the hotline number will be updated no less than one hour prior to the start of class. If there is no update, then your class is running on time and as scheduled.