

## **QUEST FITNESS**

### **SWIM LESSON PROGRAMS**

We are excited to be able to offer your child swim lessons here at Quest. Please remember that this is an adult facility and while we offer weekly programs for children of all ages, we would appreciate your assistance.

#### **Class & Program Guidelines**

Children should arrive 5-10 minutes prior to their scheduled lesson. We expect that all participants will leave in a timely manner after their lesson. Children are required to be supervised by an adult in the facility after their lesson.

#### **\*\*Junior Use of Locker Rooms\*\***

**No Opposite Sex Children above 4 yrs Old in Locker Rooms.**

Adults must check in all children at Quest's front desk prior to class. Children up to 4 years old may use opposite or same sex locker rooms with parental supervision. Children 5 years and above, must go through same sex locker room or use the pool side entrance. All children under 10 years, must be supervised when using the locker rooms.

#### **Locker Room Saunas**

Children are not allowed in the Sauna under any circumstance. Saunas are not kid friendly and are not recommended for use under the age of 14. Please support us with this safety rule, if you see children in or around the sauna do not hesitate to notify our front desk staff as they will make sure to address the concern.

#### **Family Changing Room & Deck Side Shower**

We have a convenient family changing room located in our pool area for children and family. There are lock free lockers for ease of use to store bags and clothing to change into and out of before and after each lesson. We recently installed a soap dispenser in our pool side shower as well and we encourage all participants to rinse off/shower off before and after their lesson.

#### **Bathroom Facilities**

When children need to use the bathroom, they need to be with an adult in the appropriate locker room. Children 5 years and above must use same sex locker rooms while accessing bathroom.

**\*\*We also have a non-gender bathroom located in our main lobby for use.**

We appreciate your assistance and attention to the above guideline. This will help us to ensure a fun and safe experience for all of our junior participants.