

# SWIM LESSON PARENT GUIDE

**Session #9: August 24 – September 21**  
(No class Memorial Day, Mon, September 7; Make-Up is Mon 9/21)

**Welcome to Swim Lessons at the Trails Recreation Center!** We are so happy to have you back in the pool! Please note that safety is our top priority and we have made several operational changes to ensure the wellbeing of our swimmers, staff and community to help prevent the spread of COVID-19:

- ➔ **HEALTH SCREENINGS** – When arriving for your lesson, please check in at the table in the lobby area. We take temperature readings on everybody entering the center. If you are feeling unwell or exhibiting any symptoms of illness, we ask that you stay home.
- ➔ **FACE MASKS** - Anybody entering our facility is required to wear a face mask or covering, per the Colorado Department of Health and Environment and Tri-County Health Department. Masks may only be removed while in the swimming pool and should be worn when on the pool deck or in any other areas of the facility. This requirement includes both swimmers and their parents/guardians. Instructors will be wearing masks on the pool decks, but not while actively instructing in the water, per recommendation from the CDC.
- ➔ **SPECTATORS & PARENTS/GUARDIANS** – To ensure compliance with State regulations and to maintain adequate social distancing, we are currently only allowing one parent/guardian per child into the facility to observe lessons. Seating on the pool deck will be limited and furniture will be placed at least six feet apart to ensure appropriate social distancing.
- ➔ **CLASS OFFERINGS AND SPACES ARE REDUCED** – We've reduced the amount of classes running at any given time as well as reduced capacities in some of our courses to promote social distancing. We look forward to adding more classes and expanding capacities when it is deemed appropriate. We appreciate your patience and understanding as we navigate through our new processes and procedures.
- ➔ **LOCKER ROOM USAGE** – Locker room access is currently limited, so we encourage you to bring your child to their class ready to make a splash! While showers and toilets will be available for swimmers, we ask that you try to minimize time in the locker room areas to help prevent the spread of COVID-19.
- ➔ **SWIMMING BEFORE OR AFTER YOUR LESSON** – To maintain a safe environment and to stay within our capacity guidelines, we will unfortunately not be offering swimming before or after your lesson as we have in the past. We look forward to opening the pool for family swim in the near future, but are unable to do so at this time.

## ADDITIONAL IMPORTANT INFORMATION REGARDING YOUR LESSONS:

- **Please help keep our pool clean** by showering with warm, soapy water prior to entering the pool and encouraging your child to use the restroom before their lesson. Non-toilet trained children are required to wear two layers of protection (IE a swim diaper and a swim suit or two swim diapers) to prevent accidents in the pool. Appropriate swimwear is required at all times.
- **Inclement Weather-** In the event of inclement weather, classes may be cancelled. Cancellations will be posted on our website at [trailsrecreationcenter.org](http://trailsrecreationcenter.org) and on our social media pages. You can also call the facility's main line at 303 269-8400 to inquire about the status of your class. When a cancellation is made, we will also communicate this information via email and telephone as quickly as possible. Please ensure the telephone number and email address associated with your account is correct and up-to-date.
- **Make-up Classes** will only be offered if the facility cancels a class. Refunds and/or make-ups will not be given for missed classes on behalf of the participant.

If you have any questions or concerns, please feel free to let us know. We look forward to seeing you in the pool!



**ARAPAHOE PARK & RECREATION DISTRICT**

[www.trailsrecreationcenter.org](http://www.trailsrecreationcenter.org) • 303 269-8400 • 16799 E Lake Ave, Centennial, CO 80016