












# WESTERN OREGON UNIVERSITY

Welcome to swimming lessons at the Wolverton Memorial Swimming Pool. Our certified Red Cross Instructors want this to be a positive and successful experience for you and your swimmer(s). Following is a “To Do” list to help ensure you and your swimmer’s safety and success. We ask parents to lead by example and follow all pool rules. We are here to have fun, but safety always comes first. Thank you for your support in our aquatic endeavors.

WOU Aquatic Staff

-  **Do** tie back long hair.
-  **Do** stay in spectator area until your swim time. (Please stay off rail.)
-  **Do** encourage your swimmer to bring good listening skills and keep their eyes on their instructor.
-  **Do** encourage your swimmer(s) without becoming a distraction. This helps them build a trusting relationship with their instructor.
-  **Do** take pictures without becoming a distraction.
-  **Do** talk to instructors (between classes) or the lesson coordinator if there are any questions, comments, or concerns.
-  **Do** realize and help your swimmer(s) realize repeating a level is only to ensure their success in the next level.
-  **Do** remove shoes if walking on deck, (Please help us keep our deck clean and free of bacteria tracked in on soles of shoes.)
-  **Do** walk in pool area and in locker rooms.
-  **Do** try to attend all lessons.
-  **Do** remember certificates are handed out the last day of class and are a way to inform you of what needs more work/practice.