



Swim School Policies

(rev. 7/2025)

Parent Supervision/Poolside Safety & Class Preparation

Pool Safety & Supervision

A responsible adult must remain on TEGA premises during swim lessons. Parents are responsible for supervising children outside of class time. Please read posted safety rules and do not allow your child into the pool area until invited by the instructor. Additionally, students may only enter the water when invited by the instructor and must wait to be dismissed at the end of class.

What to Bring

Swimsuit, towel, swim diaper (if needed), goggles (optional), bag for wet items, dry clothes for after class.

Dress Code

- Girls: Brightly colored, snug-fitting one-piece.
- Boys: Bright, properly fitted swim shorts.
- Optional: Rash guards or swim shirts.
- Hair: Must be tied back or in a swim cap.
- Jewelry: Not allowed.
- Parent & Child Classes: Parents must wear appropriate swimwear.

Swim Diaper Policy

- Required for all children under 3.
- Over age 3: Must be accident-free for 3 months to stop using them.
- Must wear both a disposable and an approved reusable swim diaper (tight fit at legs/waist, passes 2-finger test).
- Regular disposable diapers and wearing only one type are not allowed.
- Diapers not sold onsite; available at Amazon, Target, etc.
- **Accidents cause closures—thank you for helping keep our pool safe.**

Goggles Policy

- Goggles are optional but may be removed during class to teach safety skills.
- Use properly fitted goggles; adjust before class.
- If goggles are removed repeatedly, the instructor may ask the child to go without.
- Scuba masks are not allowed.

Preparing for Class

Arrive dressed and ready to swim. Restrooms and changing rooms are available if needed. For younger students, put on swim diapers just before class begins. Please have your child use the restroom before class. If they need to go during the lesson, a parent will be notified, as TEGA staff cannot accompany children to the restroom.

- Arrive 5 minutes early for a calm transition.
- No running on deck for safety.
- Late arrivals (15+ minutes) may be denied entry.
- Consistent attendance aids progress.
- Missed classes for personal reasons are non-refundable and not credited.

Inclement Weather & Pool Contamination Closures

- Notifications sent via email, text (if opted in), TEGA app, and social media.
- TEGA decisions are independent of school closures.
- Pool contamination closures may occur suddenly; makeups will be offered with details emailed.

Observation, Emotional Support & Health Guidelines

Observation During Lessons

- Parents should stay in the designated observation area.
- Children focus better without parents on the pool deck.
- Instructors need clear space for safety and teaching.

If Your Child Cries

- Crying is normal, especially early on.
- Calmly bring your child to the instructor, then return to observation.
- This builds trust between your child and instructor.
- Staff are trained to support nervous swimmers.
- Offer hugs and praise after class.
- Anxiety usually lessens with each lesson.

Health Concerns

- No swimming with open, bleeding, or oozing wounds. Minor scrapes okay but remove bandaids before class.
- Keep sick children home until fully recovered.
- Consult your physician if unsure.

To Avoid Upset Stomachs

- Don't feed your child within 1 hour of class.
- Avoid dairy and spicy foods before lessons.

To Prevent Swimmer's Ear

- Blow-dry ears gently after class or use recommended ear drops.
- Swimming doesn't cause middle ear infections.
- If your child has ear tubes, check with a physician before lessons.
- Seek medical advice if ear pain occurs.

Instructor Information

Lessons run back-to-back, so there may be limited time to speak with instructors before or after class. You can always speak to our Swim Supervisor if you have questions or need help! Instructor requests are considered but not guaranteed due to scheduling. If an instructor is absent, a qualified substitute will lead class—our consistent curriculum ensures steady progress.

Thank you for trusting TEGA Kids Swim School. We hope your child enjoys swimming and grows safer and more confident in the water!