



WASHINGTON HEALTH SYSTEM
Wilfred R. Cameron Wellness Center

Remember

For each class, your child will need a bathing suit, towel and change of clothes. Your child may also need swim goggles. Ask a Swim Instructor or the Aquatics Supervisor if goggles are appropriate for your child.

Pools

Parent/Child classes, Preschool classes, and Youth Levels 1 and 2 are held in the instructional/therapy pool.

Youth 3, Youth Competitive Swimming and Advanced Competitive Swimming classes are held in the lap pool.

FAQ

Please see the reverse side for Frequently Asked Questions.

Your Questions and Feedback are important to us.

Please contact Katie Stache, Aquatics and Activities Supervisor, with any concerns or comments.

Phone: 724.250.5242

Email: cstache@whs.org

Welcome to Swim School at Wilfred R. Cameron Wellness Center!

We look forward to creating the best learning environment for your child to progress in his or her swimming skills! Our structured yet fun lessons emphasize safety first and then progress from learn to swim fundamentals through stroke refinement. Positive early experiences in our lessons will lead to a lifelong love of the water.

Before each lesson, please sign in at the Swim School clipboard located on the table to the left of the Front Desk. You can then take the hallway back from the Front Desk to enter the pool area.

Once in the pool area, turn right for the family locker rooms (located on the far side of the lap pool). These rooms are wheelchair-accessible and provide private changing areas, two bathrooms with showers, and a rinse station to use before entering the pools.

Parents and siblings who are not participating in the lesson are permitted to stay on the deck and watch the lesson, but please limit the number of observers on deck to two per family so there is enough room for everyone.

Please keep in mind:

- All siblings/relatives under the age of 18 must be under the direct supervision of a parent or guardian.
- We do not offer refunds on swim lesson purchases. Special circumstances may warrant a transfer of funds to a future swim class.
- Make-up classes will not be offered to ensure consistent expectations for class attendance and appropriate instructor-to-student ratios.
- No pictures or videos are permitted with any device due to privacy regulations.
- No cell phone conversations are allowed on the pool deck; you may use the lobby for phone calls if necessary.
- Please limit the number of observers on the pool deck to two per family; we want to make sure there is enough space for everyone.
- We recommend that all participants shower before entering the pools for health and safety reasons.
- Children watching a lesson are not permitted to dangle their feet in any of the pools to ensure they are under the safe supervision of a parent or guardian.
- No food or beverages (except water in clear plastic containers) are permitted in the pool area.
- No disposable diapers are allowed in the pool. Swim diapers are required for all children who are not toilet trained. Diapers may only be changed in the family locker rooms on the changing stations.
- A medical emergency form and waiver must be completed by the parent/guardian for each child who is enrolled prior to the program's start date.

Wilfred R. Cameron Wellness Center

240 Wellness Way, Washington, PA 15301

wrcameronwellness.org

724.225.WELL

OPEN TO THE PUBLIC



Swim School Frequently Asked Questions

Q: How do I register for classes?

A: You can register in person at the Front Desk at the Wellness Center. You can also register online by going to www.wrcameronwellness.org. Click on Private and Semi Private Training, followed by Swim Lessons and select Register.

Q: What level is right for my child?

A: Please refer to the Swim School Curriculum located on the inside of the Swim School brochure. You can also view them online by going to www.wrcameronwellness.org. Click on Private and Semi Private Training, followed by Swim Lessons.

Q: When are classes offered? When will I be able to register?

A: We offer classes year-round. At any given time, registration for a session will be open. You can register for a future session after the first full week of the current session. Refer to the Swim School schedule located on the insert inside of the Swim School brochure for session dates and class times. View the session dates and class schedule online: www.wrcameronwellness.org. Click on Private and Semi Private Training, followed by Swim Lessons and Schedule.

Q: How long are the sessions? How many classes are in a session? How long are the classes?

A: Winter through spring sessions are 8 weeks in duration unless otherwise noted for holidays. Summer sessions are 6 weeks in duration unless otherwise noted for holidays. One class is offered per week, although you may sign up for 2 or more classes per week. Accelerated sessions are also occasionally offered throughout the year with multiple classes per week. All classes are 25 minutes in duration.

Q: When should I anticipate my child passing to the next level?

A: Students progress at different rates. It is not unusual for a child to repeat a level several times. Try not to compare your child with others; instead concentrate on their ability to perform each skill. There is increased content in each new level, so it may take your swimmer longer to pass to the next level.

Q: What are the ratios of students to instructors?

A: Parent/Child Levels: 8:1
Preschool Levels 1-3, Youth Levels 1-3: 4:1
Youth Competitive Levels: 6:1

Q: What certifications do the Swim Instructors have?

A: Our Swim Instructors are certified Lifeguards through the American Red Cross. Most are also certified Water Safety Instructors. All instructors are required to complete extensive training and skills practice.

Q: Will a lifeguard be present during swim lessons?

A: A certified lifeguard or trained pool attendant is present during all swim lessons; these individuals are certified in CPR/AED and First Aid. As a medically-based Wellness Center, we have an emergency response team available during all hours of operation.

Please contact Katie Stache,
Aquatics and Activities
Supervisor, with any concerns
or comments.

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