

Rules

General Rules:

- Parent/Child may only enter water on instructor's cue unless a paid member of the Inn Fitness Club.
- Parent/Child must stay with class and follow instructor's guidance.
- The instructor is in charge at all times.
- Swimsuits for parents should withstand tugging and stretching by little hands and feet.
- Swim suits for young children should be snug around the legs or children should wear training pants underneath pants. We sell swim diapers at the health club front desk.
- Parents should not wear jewelry/watches since children may be easily scratched.
- Parents should bring enough towels for themselves and their children.
- Parents must submit medical info that could affect participation.
- There are daily health requirements – no one with a cold, cough, fever, infection, open sore, rash or looks or acts sick may participate.

Facility Rules:

- There must be parental supervision at all times.
- No one is allowed in locker rooms unless they are a paid member of the Inn Fitness Club.
- Absolutely NO food or beverages allowed in pool area – even coffee due to child allergies.
- No band-aids
- All students must enter and register at side door at end of health club hallway
- Bathrooms are available in the kid's nursery, and changing rooms are available in the pool area.