



Welcome! We are so happy to have you in our swim program. Together, we will work to instill a love of aquatics that can last a lifetime. Please review the following guidelines, and let us know if you have any questions.

### **PROPER ATTIRE:**

**Male swimmers:** Moderate length swim trunks or swim jammers, UV swim shirts/rash guards are recommended as well.

**Female swimmers:** One or two-piece swim suits, but please refrain from wearing suits with ties or attachments such as skirts, ribbons or buckles.

**Not yet potty-trained swimmers:** MUST wear a disposable swim diaper under a Sun Country swim diaper cover. NO EXCEPTIONS!

**All Swimmers:** Swimwear with incorporated floatation devices are not permitted and swimmers should leave any and all personal floatation devices at home. Hair past the shoulders needs to be pulled back or placed under a swimming cap. Swim shoes may not be worn during lessons.

### **PROPER ETIQUETTE:**

1. No gum, food, or drinks allowed in the pool.
2. No necklaces, bracelets, or dangling earrings. Post earrings are acceptable.
3. Swimmers MUST NOT enter the pool without a Sun Country staff member on deck.
4. Swimmers may not leave the class without permission.
5. Parents are asked to please not coach from the deck. Your child needs to give their coach their full attention.
6. Good attendance is imperative, as absences and tardiness can hold back the progression of your child. **Please make every effort to have your child at every class.**
7. **Being late is very disruptive to the class.** Please be sure your child is at the gym at least 5 minutes prior to their class time.
8. If your child is ill or will not be able to attend class, a courtesy call is very much appreciated. Make-up options will not be granted without calling in your absence in advance. Please see our policies for make-up options.
9. Please be prompt in picking up your child.
10. All students are expected to conduct themselves in a safe, courteous, respectful, and responsible manner and be mindful of the rules posted at the pool.

#### **SUN COUNTRY SPORTS – WEST**

333 S.W. 140<sup>th</sup> Terrace  
Jonesville, Florida 32669  
(352) 331-8773

[suncountrysports.com](http://suncountrysports.com)

#### **SUN COUNTRY SPORTS - MILLHOPPER**

4010 N.W. 27<sup>th</sup> Lane  
Gainesville, Florida 32606  
(352) 378-8711

[facebook.com/suncountrysports](https://facebook.com/suncountrysports)





# 10% OFF DIVE-IN-SHOP

Thank you for signing up for Sun Country Splash! Use this coupon to receive 10% OFF your total purchase in our Dive-In-Shop.

Good for 30 days after your first swim class.

Coupon good until: \_\_\_\_\_

Sun Country Sports near Tioga

333 S.W. 140th Terrace • Jonesville, Florida 32669

Phone: (352) 331-8773 • [www.suncountrysplash.com](http://www.suncountrysplash.com)