

Winter 2012 Session Important Dates

January 2	No Class; New Year's
January 3	First Day of Session
March 12-18	Test Week for Winter Session
April 1	Last Day of Session

Top 4 CALPHIN Rules:

- Please allow ONE HOUR between your child's class and their last meal/snack.
- Please have your child use or at least attempt to use the restroom before class.
- The showers are for RINSING ONLY. Shampoos, conditioners and soaps are NOT ALLOWED.
- There are **NO** makeup classes or refund for missed classes. Credit will be provided only with a doctor's note.

TIPS/ GUIDELINES FOR CALPHIN FAMILIES

- **No Makeup classes.** Cancellations on and after 1st day of session (Jan 2nd) are subject to \$20 fee. Registration fee is non-refundable if cancelled on/after the 1st day of the session.
- Self Practice will be available for any other missed classes. Self Practice times are only permitted for currently enrolled students.
- If a class is missed per the request of a doctor then a doctor's note must be submitted within two weeks of first missed class to receive credit towards immediately following session. (Examinations, check-ups, dental hygiene appointments do **NOT** count as excused absences and self practice will be issued)
- Only self practice will be issued for classes missed due to female menstruation.
- If your child's level changes causing a price adjustment you will be contacted and the rate adjustment will be collected on or before the first day of class.
- If classes are cancelled due to pool maintenance or accidents, class credit or self-practice will be issued, but no makeup classes.
- First time permanent change of class schedule is free in each session. There is a \$20 fee for changing class schedule after the 1st reschedule.
- Bounced check subjected to \$25 charge.

PARKING

- Please park within the white lines of the parking spot
- Overflow parking is available at the Lucky's shopping center (near the recycling center). Do NOT park at Motel 6; your car will be towed at your own expense.
- NO parking, stopping, or leaving your car in the red FIRE zone
- Make sure to lock your car and hide any valuables
- Calphin is not responsible for any lost or stolen items

GEAR

- Goggles are mandatory for every class; bring your own goggles, borrowing can be a health hazard
- Caps are mandatory for swimmers with hair past their ears
- Have caps and goggles on and ready BEFORE class starts

BEFORE CLASS

- Swimmers should use the restroom before class to avoid unnecessary accidents
- Please allow one hour between swimmer's class and their last meal/snack
- Avoid eating or drinking before class
- Do NOT apply any lotions, sunscreens or oils before class
- If swimmers are showing symptoms of serious illness including nausea, please do not come to class, Self Practice is offered in exchange for missed classes
- Remove any BAND-AIDS before entering the pool; replacements are available at the front desk if you need one after class

SWIM ATTIRE

- Only swim attire can be worn into the pool: no shirts, long pants, or dresses.
- Rash guards are not recommended; they weigh the swimmer down, making it hard to swim. However, they are allowed for temperature purposes.
- Wet suits are not allowed; they are extremely buoyant and give the swimmer a false sense of ability

RESTROOM

- Shampoos, conditioners, and soaps are NOT ALLOWED in the shower areas/restrooms. The showers are meant for RINSE ONLY, please keep others in mind when rinsing
- Please help keep the restrooms neat and clean

CLASS

- When stationary, keep one hand on the wall at all times
- When asked to sit on the steps, sit on the 2nd step with goggles on and head above water
- Eyes on the coach when he/she is giving instruction
- No running on deck
- No hanging on railings by the steps
- No sitting, hanging, or standing on lane lines
- Pictures are not allowed until the **last day** of class. No videos are allowed at any time
- If feeling unwell during class, please inform coach right away

TEST WEEK (March 12-18)

- Encourage swimmers to do their best
- Arrive on-time for class to ensure accurate testing
- If you miss test week, you can get evaluated the following week during your class time
- Test Results, with the proposed level for next quarter, will be posted in the lobby the week after test week

