



## Guidelines for the Super Swimmer Program:

1. Each child must swim the length of the pool (twenty-five meters) without stopping.
2. Each child must tread water for one minute.
3. Testing and recreational swimming are available only during open swim. Schedules are available at the Aquatics department.
4. **Parents must bring their children to the pool** and sign in every time their children come to swim.
5. The swim equipment available at the pool must be used as it was designed to be used.
6. Equipment brought in by a member must be approved for use in the pool by the lifeguard.
7. The super swimmer privilege may be revoked due to an inability to pass a random swim test or the child has repeatedly or grievously jeopardized the safety of the members, their guests, or staff of the Aspen Hill Club, as well as any property owned by this facility and its members.
8. In order to ensure the safety of your children the sign-in policy will be the following: After a child has passed all requirements, parents must sign-in children to the Aquatics Department. A child under the age of 14 may only swim without parental supervision if the parent has signed them in with the Lifeguard.

We reserve the right to periodically test your child's swimming ability.

Your child will be expected to comply with the pool rules, lap lane conduct rules and any lifeguard instructions. The lifeguard on duty must be able to give equal attention to everyone at the pool and cannot perform baby-sitting duties to children unable to practice appropriate self-restraint.

Improper use of the locker room and its amenities has been a serious problem in the past and is one of our greatest concerns with unsupervised children. Please stress to your children the importance of mature behavior in the locker room.

Please keep in mind, the pool schedule can change. There may be extra or less open swim time available during holidays, in between group lesson schedules, special events, and from seasonal schedule changes. Feel free to call us at the pool to make sure you come at the right time 301-598-5200 ext. 129.

If your child is unable to pass the swim test we have group and private swim lessons to accommodate any skill level. Come see us at the Aquatics department for more information.

We hope to see you at the pool soon.

Thank you.