

How To Register

- Email H2O~FIT to check class availability (all classes usually fill each session) ... h2ofit@rogers.com
- Complete a Registration form (download from H2O~FIT website). To view or print this form you will need Adobe Acrobat Reader.
- Scan (or photograph) and email registration form to the H2O~FIT office (contact information is on form). We will then confirm receipt and your class registration.

Parking

There are school parking lots on the northeast and southwest sides of the building, however there is often more convenient free street parking nearer to the pool entrance.

Pool Entrance and Stroller Accessibility

The pool entrance is through door 2 (near bike racks), located on the north side of the school. Follow sign to the change rooms. Strollers and street shoes are not permitted on the pool deck.

What to Bring to Class

- Each participating parent requires a swimsuit, and deck shoes are highly recommended for safety.
- Each child requires a diaper swimsuit (mandatory), a lycra or neoprene suit for extra warmth, a towel to help secure them in the baby boat, and a towel for after class.

When fitting your child with a suit, it must fit tightly around upper thighs and waist. Please note that if a fouling occurs, the pool must be closed for up to 48 hours.

- When changing your child place used diapers in the disposal bins (except for “poopy” diapers—please dispose of these at home).

Diaper Swimsuit—Required

H2O~FIT recommends the **Kushies** brand diaper swimsuit—this provides the best fit and has a velcro adjustment that accommodates your baby’s growth. *Little Swimmers* and *Bummies* brands are not permitted, as these suits have proven to leak during our classes.

Kushies suits are available at most children’s stores (e.g. *Toys R Us*, *Once Upon A Child*, *100 Mile Child*) for approximately \$13 + HST. (Note: some stores may not stock them during the winter months.)

You can also order your suit online at amazon.com

Lycra or Neoprene Suit—Highly Recommended

- H2O~FIT recommends that all infants and toddlers wear an extra lycra top or body suit and/or neoprene suit over their *Kushies* diaper swimsuit. Even though our pools are warm (85-88 degrees), this helps keep your child warm during the 45-50 minute class (particularly for smaller children).
- Lycra suits are usually available at *MEC*, *Snug*, *100 Mile Child*, *Old Navy*, *Canadian Tire*, or at various online stores (e.g. Amazon).
- Neoprene suits (e.g.: *Warmbelly*, *Babywarma*, *Splash About*) can be ordered online.
- Visit our website at www.h2ofit.com for photos and more details about various lycra and neoprene suits.

Other Important Information

- Both parents may participate in the first half of the BabySwim class (workout); one parent may participate in the second half.
- While on deck and in change rooms, please hold your toddler’s hand—all toddlers are asked (and reminded) not to run on deck, as it may be slippery when wet.
- While in the water and on deck, parents must remain within arms reach of their infant (while in baby boat) and toddler at all times.
- To keep our pool clean, please do not apply creams, perfumes, hair products on the day of your class—otherwise a cleansing shower is required prior to pool entry.
- Food and drinks are prohibited on the pool deck.

Glass containers are strictly prohibited on the pool deck and in change rooms—including baby bottles, water bottles, coffee mugs, toys, etc. Please note that if glass is broken on deck, this poses a danger to children and adults, and the pool must be drained, cleaned, and closed for up to 72 hours.

Family & Friends Welcome

There is a large viewing gallery adjacent to the pool deck for family and visiting guests. Please note that visitors must remain within this area at all times per public health regulations. We kindly ask that cell phone use (conversations) be kept to a minimum while classes are in progress.

Photography & Videography Policy

Videography and photography is permitted before and after our BabySwim, ToddlerSwim or KinderSwim classes, however not while classes are in progress. If the instructor has time after class, she will be available to assist with a video or photo of you and your child (back float, submersion under water, etc.).

Make-up Class Policy

For missed classes parents are permitted one make-up class per session (additional make-ups may be permitted if space is available).

All make-ups must be attended during the current session (missed classes cannot be carried over to the next session).

To reserve a make-up class, check the class schedule at all locations at www.h2ofit.com, then email our office with the date/time/location of your preferred make-up class—we will reserve it and confirm it. (Note: adult aquafit classes are also available for make-ups.)

Questions?

If you have further questions contact our office at h2ofit@rogers.com or 647-449-0043.

Suzanne Fahie, B.P.E., B.Ed., NLS
 Ron Fahie, B.Sc.
 Owners, H2O~FIT
www.h2ofit.com



Thank you and enjoy your class!



- Street parking available on Parkmount Road and Hanson Street
- Enter school through door #2 (as labeled above)
- If parking in rear lot, please walk around front of school to enter building

Monarch Park Collegiate