

## 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

Discount valet parking (\$10 including HST - 2 hours) for H2O-FIT clients is available during classes only. Receive ticket from valet attendant, then provide your name to kiosk attendant when departing—all parents' names are on the H2O-FIT class list.

## Pool Entrance and Stroller Accessibility

To access pool from the hotel lobby, turn right towards the **North Tower** and take elevators to the fifth floor. The pool entrance is locked at all times, however the instructor will see you through the glass door and admit you. Strollers and street shoes **are 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, and a small toy for the boat (optional).

*When adjusting your child's diaper swimsuit, please ensure it fits tightly around upper thighs and waist. If a fouling occurs, the hotel pool must be closed for up to 48 hours (to all hotel guests).*

When changing your child please bring a *plastic changing pad* (to prevent leakage on lounge chair cushions). Please dispose of all "poopy" diapers 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 (*Toys R Us*, *Once Upon A Child*, *100 Mile Child*) for approximately \$13 + HST. (Note: some stores may not stock these during 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 or neoprene body suit over their *Kushies* diaper swimsuit. Even though our pools are warm (84-88 degrees), this helps to keep your child warm during the 45-50 minute class (particularly for smaller children).
- Lycra suits are available at *MEC*, *Snug*, *100 Mile Child*, *Old Navy*, *Canadian Tire*, or at various online stores (ie: Amazon).
- Neoprene suits made by *Warmbelly*, *Babywama*, and *Splash About*, can be ordered online.
- Visit our website at [www.h2ofit.com](http://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.
- Change rooms include shampoo, soap, cream, blow dryers (children are not permitted to use the steam room, sauna, or hot tub).
- Large carpeted play area is available on deck (for little crawlers and walkers, and for parents to socialize).
- 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.

*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.*

## Hotel Towels—Three Per Visit

Hotel towels are included in registration fees—maximum of **three towels** is permitted per visit.

## Family & Friends Welcome

Lounge chairs are available on deck for family and visiting guests. Visitors must remain six feet from the pool edge at all times as per public health regulations. We kindly ask that cell phone conversations be kept to a minimum while classes are in progress. Visiting family members or guests are not permitted to use the health club/pool facilities.

## Photography & Videography Policy

Videography and photography is permitted before and after our BabySwim, ToddlerSwim and 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, group photo with friend).

## Make-up Class Policy

For missed classes, parents are permitted one make-up class per session (additional make-ups 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](http://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 questions contact our office at [h2ofit@rogers.com](mailto:h2ofit@rogers.com) or 647-449-0043.

Suzanne Fahie, B.Kin., B.Ed., NLS  
 Ron Fahie, B.Sc.  
 Owners, H2O-FIT  
[www.h2ofit.com](http://www.h2ofit.com)

  @h2ofit1995



