



## Frequently Asked Questions

### May my child come to the pool alone?

Children who are **8 years and under**, must be supervised by a parent or adult guardian (18 yrs. or older) at all times when they are in the pool and/or locker room areas. While in the pool, a swimmer 8 years of age or younger may swim without an adult in the pool within arms reach of them, provided that they meet one of the following criteria:

The child is **OVER** 50 inches tall  
OR

The child is able to swim the length of the pool unassisted

If a child does not meet the above criteria, a parent/adult guardian must be **in the water with them AND within an arms reach of the child** at all times.

Children **age 9-12** must be under the supervision of a caretaker age 13 or older and meet one of the criteria above. Children who **are 13 years of age and older** are welcome to come to the pool without a parent or guardian, provided that they can meet one of the above criteria. Please refer any questions to Renee Allen, WMFC Aquatic Director.

### May My Child Wear Diapers in the Pool?

Children, who are not toilet trained, are welcome to swim in the pool, providing that they wear **tight fitting rubber suits with elastic band legs** or they wear specially designed "swim diapers". "Swim diapers" are available for purchase for \$1.00 each at the WMFC Welcome Center if you forget yours! It is **highly encouraged** that you have your child visit the restroom before coming into the swimming pool and that your child **take potty breaks every 30 min.** during your visit.

### Are Swimming Scholarships Available?

For information regarding scholarship help with swimming fees please email Renee Young at [youngr@wmfc.org](mailto:youngr@wmfc.org)

### Is The Pool Available for Rent?

Looking for a place to have a pool party? We have time available for pool rental. Cost is \$80.00 per hour for up to 30 people. Additional charges may also apply. Please stop by the WMFC Welcome Center or contact Renee Allen for more information at 832-3256.

## West Midland Family Center Swimming Pool Information

Pool Opens: June 11, 2018

Last Day Pool is Open: August 10, 2018

**FREE Family Swims** (Families swim free)  
Fridays - June 22, July 27, Aug 3 5:00 - 7:00 PM

### Open Swim Hours (except as noted below)

Tues, Wed, Thurs	4:00 - 7:00 PM
Mondays and Fridays	12:30 - 7:00 PM
Saturdays	12:30 - 7:00 PM

### Weeks of June 11, June 18, July 16

#### Open Swim Hours

June 11, 12, 13, 14, 15, 16	12:30 PM - 7:00 PM
June 18, 19, 20, 21, 22, 23	12:30 PM - 7:00 PM
July 16, 17, 18, 19, 20, 21	12:30 PM - 7:00 PM

These are typical Open Swim hours that are subject to change. Please call ahead. Pool is closed on days that WMFC is closed.

### Open Swim Admission Prices

Swim Fee	\$2.00
Children 5 and Under	\$1.00
Family (must reside in same home)	\$10.00
	Family of 5 or more

For information regarding scholarship help with swimming fees please email Renee Young at [youngr@wmfc.org](mailto:youngr@wmfc.org)

### Pool Closed

Sundays, July 4, Cold Weather, Thunderstorms  
On days that are questionable, please call ahead.



## WMFC Aquatics Information

Summer 2018



West Midland Family Center  
4011 West Isabella Rd.  
Shepherd, MI 48883

Phone: 989.832.3256  
Email: [allenr@wmfc.org](mailto:allenr@wmfc.org)

Website: [www.wmfc.org](http://www.wmfc.org)

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## WMFC Swimming Programs

### Aquatics

Throughout the summer months, our beautiful swimming pool is filled with laughing, splashing children and their families. We offer aquatics programming for all ages, infant through senior citizens.

Besides daily open swims, we offer swimming lessons, **AQUA ZUMBA** and special water events. A complete summary of our aquatics programs and swimming pool hours, is available on our website at [www.wmfc.org](http://www.wmfc.org). For additional information, call Renee Allen, 832-3256.



### Junior Lifeguarding

Interested in exploring the world of lifeguarding? WMFC offers an innovative, hands on experience for students age 13-15 years old during the summer months. Students are required to complete an application and interview process and are accepted into the program on a first come-first serve basis. Students are expected to commit to the full 3 day a week program. Typical program hours are 10AM-3PM.

The interviewing process takes place in May and candidates are chosen by early June. Students interested in participating in our Junior Lifeguard Program should contact Renee Allen at 832-3256 or email [allenr@wmfc.org](mailto:allenr@wmfc.org)

## 2018 Swimming Class Information

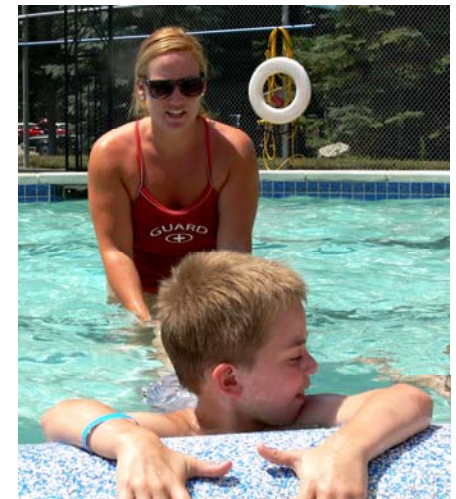
Due to the positive response that we have received in previous summers, we will once again offer all private one-on-one swimming lessons for children age 3 through adult. Lesson times are scheduled based on your schedule and instructor availability.

### Private Swim Lesson Prices and Policies

- Registration for Session One begins on Monday, June 4, 2018. Registration for Session Two begins Monday, July 16, 2018.
- Swimming lessons cost **\$10.00** for 30 minutes
- Price is per swimmer, per lesson.
- All swim lessons are taught to the skill level of the individual swimmer.
- As part of the registration process, parents are required to sign a "Parent Agreement Form", a "Swim Lessons Policies Agreement Form" and adhere to all swimming lesson policies.
- A particular instructor may be requested at the time of registration but requests cannot be guaranteed.
- All fees must be paid **BEFORE** a swim lesson time slot can be reserved. Sorry, no exceptions.
- Classes are scheduled 2 weeks out.
- Classes once scheduled are non-refundable.
- Classes that are cancelled by the guest will not be rescheduled without a doctors note or use of a "WMFC Grace Pass".
- Every swimmer will get 2 WMFC Grace Passes to use as they choose.
- No shows will not be rescheduled.
- Swim lesson participants do NOT have to pay an additional fee to stay for Open Swims held immediately after their swimming lesson.

### To Register

- Please call Renee Allen at 832-3256 after June 4, 2018 to schedule a lesson that works into YOUR schedule.



### Examples of Swimming Skills Taught

- **Level One** Water adjustment skills and activities. Assisted skills on back and stomach such as: floating, gliding, kicking and arm strokes.
- **Level Two** Unassisted floating, gliding, kicking, submerging, arm stroke and breathing.
- **Level Three** Front and back glides, kick, streamline, crawl with breathing, elementary backstroke and water safety.
- **Level Four** Front and back glides, kick, streamline, crawl stroke with breathing, elementary backstroke, back crawl, breaststroke and water safety.



### Aqua ZUMBA

Aqua Zumba is perfect for those looking to make a splash by adding a low-impact, high energy aquatic exercise into their fitness routine. Join Stephanie in the pool on Tuesdays and Thursdays from 8:30-9:15AM for a fun filled workout! Cost is \$2.00 per session payable at the WMFC Welcome Center when you arrive. **Aqua Zumba Classes are NOT included in the Fitness Room Membership.** For more information contact Renee Allen at 832-3256.