



**Set and Swim Aquatics, Inc.**  
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[www.setandswim.com](http://www.setandswim.com)



## Hudson Valley Swim and Gold's Gym Facility Policies:

It is important for everyone to understand the guidelines that Hudson Valley Swim and Gold's have established for the swim program; especially since not all of our swimmers are facility members. Please read each of these guidelines and comply to the best of your ability. If you have any questions, feel free to consult with us or call the office when you have a moment. We would love to have your feedback.

### Sign-in:

As you would with any other fitness facility, please check in at the front desk when you enter and provide your name. This helps us in several ways including communicating upcoming session dates, outstanding payment information or schedule changes.

### The Hudson Valley Swim "Uniform":

An extremely important aspect of our program is to remove any barriers that distract the swimmer, or take from the instructors' times.

- Goggles are mandatory for all swimmers including adults. We suggest youth sized goggles for all children. For your convenience, we usually keep them in stock at the front desk if you would like to purchase them.
- Bathing caps are mandatory for all swimmers with long hair. The purpose of this is simply to keep hair out of the students' eyes. The facility itself likes this policy as it makes the pool filter easier to keep clean. We prefer Lycra caps as they are comfortable and breathable. For your convenience, we usually keep them in stock at the front desk if you would like to purchase them.
- Swim diapers are mandatory for children under the age of 4 as well as for anyone else that has trouble in this area. Should an accident occur in the pool, all classes for the day have to be cancelled and there is a significant effort and cost associated with cleaning the water. For your convenience, we usually keep them in stock at the front desk if you would like to purchase them.

### Bad Weather:

In the event of bad weather, whether it is because of lightning or snow, if you should have any question as to the status of classes, PLEASE call our office number at 226-3456 or Gold's Gym at 564-7500.

### \*\*\* Make-Up Policy:

If you miss a class, we offer Gold's Gym Family Swim Passes. There are no refunds. To arrange for a makeup, please visit our website and submit a request.

**Changing Area:**

One of the most sensitive aspects of a swim school is changing accommodations. Children older than infants are not allowed in the opposite sex locker rooms. If you are with your opposite sex child, please use the changing room located by the pool entrance.

**Contact Info:**

When you register, please make sure we have your contact information including email address. We use email as a way to communicate with you, especially when new schedules are coming out.

**Instructor Changes:**

Hudson Valley Swim will do our best to post the instructor names along with the schedule and to keep it from changing. However, from time to time changes need to be made. All of our instructors have been trained thoroughly in the techniques used in our program so the high quality you have been receiving from us will be maintained should an instructor change be necessary.

**Personal Use of Pool:**

Please arrive 5 minutes before your lesson begins. Lateness interrupts the lesson. You are not allowed to use the pool until the instructor invites you in. You must leave the pool area within 5 minutes after the lesson ends to avoid disruption of the new class. The facility does charge a guest fee if you would like to use any aspect of the facility including the pool beyond your swim lessons. Please check with the front desk on their adult and child rates. We encourage you to try it out as the facility has lots to offer you.

**Discounts:**

Hudson Swim offers a \$10/swimmer discount for members of Gold's. You must be a member at the time you register to take advantage of this. Hudson Valley Swim also offers an Early Bird discount of \$5 as long as you register by the cut off date.

*Gold's Gym Newburgh is offering a 1-Month Free Pass to any Hudson Valley Swim member. This is a one-time Pass that can't be repeated for another session. This pass will be good at the Newburgh, Fishkill and LaGrange locations.*

**Lollipops:**

As a treat for our swim families, we usually have lollipops available for the kids when their class is over. Please help ensure that your children do not open them up until they leave the pool area and that they dispose of the wrappers and sticks properly.

**Viewing Area:**

Often times, there are simultaneous classes being taught in the pool area. Between the instructors, the students and the parents, it can get quite noisy. Please use the view area upstairs to observe your child's lesson. We also encourage you to utilize the babysitting room for \$2/child. It is a great room and it will eliminate having children running through the facility.