

Fitness Swimming

(Junior Lap Swimming Guidelines)

Ages 10-12 Years

Fitness Swim Programming at The Wave is designed for teen/adult participants age 13+ who wish to swim for fitness by swimming regular/consistent lengths of the pool as an individually directed exercise program. Junior Fitness Swimming provides an opportunity for younger swimmers (Age 10-12) who demonstrate swimming ability to participate in fitness swimming and who agree to abide by the facility rules and lane use etiquette standards.

Junior Fitness Swim Approval Process:

- Parent/Guardian(s) of a potential Junior Fitness Swimmer are invited to apply for Junior Fitness Swim Approval at the front counter.
- A Head Lifeguard will meet with the potential Junior Fitness Swimmer and parent/guardian(s) to conduct a swimming assessment and orientation to fitness swimming facility rules and lane use etiquette standards.
- The Swimming Skills test is 50 yards in circle swim pattern.
- The orientation to fitness swimming facility rules and lane use etiquette standards consists of:
 1. Orientation to circle swimming and fitness swimming; explanation of the standard requirement to complete full lengths of the pool when swimming; choosing an appropriate pace of lane; swimming without causing interference to other fitness swimmers; how to pass a swimmer and how to defer to a passing swimmer at the wall; how and where to rest in a shared lane; Junior Fitness Swim is expected to be self-directed and not parent coached, parents may also purchase Fitness Swim sessions and swim with their child, parents who do not purchase Fitness Swim sessions are not permitted on the swimming pool deck.
 2. Upon successful completion of the swimming skills test and orientation to fitness swimming facility rules and lane use etiquette standards, the Head Lifeguard will inform front desk staff that the Junior Fitness Swimmer is authorized. Front desk staff will make the necessary notation in the customer account for the Junior Fitness Swim pass may then be purchased for the Junior Fitness Swim participant.

If a Junior Fitness Swimmer violates any of the rules or lane use standards or otherwise interferes with other swimmers, the authorization as a Junior Fitness Swimmer may be revoked by a Lifeguard or other Wave Staff.

The Junior Fitness Swimming participant gets their own Fitness Swim Pass and it cannot be used by the parent or other children in the family .



THE
WAVE

The Wave at Emerald Glen Park
4201 Central Parkway, Dublin, CA 94568
(925) 574-4800 | TheDublinWave.com
Facebook: [TheDublinWave](https://www.facebook.com/TheDublinWave) | Twitter: [@TheDublinWave](https://twitter.com/TheDublinWave)

DUBLIN
CALIFORNIA