

# WATER AEROBICS-CODE OF CONDUCT

**Please read and initial the following items. Your signature will be required at the end. If you are unable to follow the Code of Conduct you will be asked to leave the class.**

\_\_\_\_\_ Water Aerobics starts promptly at the top of the hour, or at the half hour for T/TH evening classes. You must be in the water by that time (8:00am, 9:00am). Your warm up is an important part of our program and helps to prevent injury. Please plan accordingly and make sure you are in the water and ready to participate. If you arrive late you will be unable to attend the class.

\_\_\_\_\_ Shoes are required for ALL shallow water classes. This is for your safety. Please do not wear your shoes outside of the facility. This introduces debris and germs into the pool.

\_\_\_\_\_ Please make sure you are hydrated and that you are drinking water throughout the class. This will help prevent you from cramping up.

\_\_\_\_\_ Please arrive early if you wish to have a specific spot in the pool, we do not hold spots or make others move if they have arrived first. No ONE owns a spot in the pool.

\_\_\_\_\_ Please do not wear perfume, scented lotions or scented deodorant to class. The pool is a scent free vessel. Many of our patrons and your instructors are scent sensitive. This is an aerobics class, once you start perspiring; the oils from the perfume or lotion are released into the water; while you may no longer smell it others do.

\_\_\_\_\_ Please wear a fitted swim suit that supports you. We don't need any suit malfunctions! Please be aware of the condition of your suit: if it is getting saggy more than likely it is also "see-through". Time for a new suit! When purchasing a swim suit, look for fabric that is Nylon, Polyester or another synthetic material. Cotton and Lycra deteriorate quickly in the chlorine. If you wear a rash guard please make sure that it is also a synthetic material.

\_\_\_\_\_ Please follow the instructor. If you are injured and unable to do certain movements please let the instructor know, they can give you options or modified movements to help prevent further injury while still providing you with a good workout. Do not "do your own thing".

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\_\_\_\_\_ TALKING! This is an aerobics class and many of our patrons are here to work out. You may talk “quietly” in the back 1/3 of the class. If the Lifeguard or Instructor can hear you; you are too loud and will be asked to be quiet. The front 2/3’s of the class will be quiet/silent, which means no talking or singing. We need to be respectful of others in the class who are here for an aerobics workout. If you wish for some social interaction please do so before or after the class.

\_\_\_\_\_ We highly recommend that you are wearing sunscreen, hat and sunglasses during the class.

\_\_\_\_\_ I comprehend the City of Coronado Community Center’s “Norms of Conduct”: Keep Our Center Clean and Take Care of Equipment, Treat Everyone with RESPECT, Vulgar or Abusive Language is Not Allowed, Play FAIR, SAFE and Have Fun, Be Responsible.

SIGNATURE: \_\_\_\_\_

Date: \_\_\_\_\_

Please Print Name: \_\_\_\_\_

Email address: \_\_\_\_\_