

YOUTH LESSONS SIGN-UP PROCEDURE

1. Login to <https://clients.mindbodyonline.com/launch>.
2. Search for Olympic Athletic Club in "Find your site" option.
3. Choose : Olympic Athletic Club & Kraken CrossFit.
4. Continue to site without logging in.
5. Select the swim lessons tab on the top of the screen and choose the day you are interested in.
6. After selecting a lesson the program will prompt you to create a login.
7. For access to member pricing, contact the front desk after your account is created to verify your membership. *MindBody is also available as an App in the App Store.*

GUEST POLICY

12 and under: \$5/visit
13-17: \$10/visit
18 and over: \$15/visit

All guests must check in with a member. Members are responsible for the attire and conduct of their guests.

Child members may bring a guest over the age of 18, however informed consent must be signed by the child's legal guardian and presented to the front desk each visit.

Forms can be found on our website.

Teen members are not permitted to bring guests under 18 unless a parent is present to supervise.

All guests under 18 years of age, including teens, must bring an informed consent form signed by their legal guardian.

Teen guests will only have access to the basketball court, family pool, and racquetball courts and must be supervised by the member guardian at all times while using the facility.

SWIM LESSONS

*OAC offers swim lessons for children and adults of all ages and abilities.
All lessons are 30 minutes in length.*

PRICE LIST

YOUTH PRIVATE LESSONS:

Personalized lessons for all levels. Available for youth participants ages 3 & up to learn to swim or build and refine technique. View schedule and sign-up through [mindbodyonline.com](https://clients.mindbodyonline.com). Registration opens on the 20th of every month for the following month.

Members	\$30.00
Non-Members	\$35.00

YOUTH SEMI-PRIVATE LESSONS:

Two students per instructor. Great for siblings, relatives or friends with equal swimming experience. Sign-up through [mindbodyonline.com](https://clients.mindbodyonline.com). Students must register separately for each lesson.

Members	\$20.00 per child
Non-Members	\$25.00 per child

PARENT & TODDLER LESSONS

This four class series is designed for toddlers (four months to 3 years of age) to gain confidence in the water and introduce the child to the aquatic environment.

The instructor leads a class encouraging both parent and toddlers to find new and exciting ways to enjoy and explore the water. Sign-up is available at the front desk.

Members	\$35.00
Non-Members	\$45.00

SAFETY NOTE: *The family and lap pool are shallow, both measuring four feet deep. Diving is NOT permitted.*

FAMILY POOL POLICIES

NO LIFEGUARD ON DUTY.

- Please give 24 hour notice online, through [mindbody.com](https://clients.mindbody.com) if you need to cancel a Youth Private or Semi-Private Lesson. Please call the front desk to cancel an Adult Swim Lesson. You will be charged the full amount for lessons not cancelled 24 hours in advance.
- Payment is required in advance for all lessons and classes.
- A consent form must be signed by anyone attending a lesson. *Children under the age of 18 must have a parent signature.*
- State law forbids any child under the age of 6 years to be in the hot tub. *Children between the ages of 6 and 12 years may only use the hot tub with adult supervision.*
- No child under the age of 18 is allowed in the pool, at any time, without adult supervision.
- Infants and children not fully toilet-trained must wear proper swim diapers in the pool.

CHILDREN'S CLUB USAGE POLICY AND RESTRICTIONS

Children Under 13:

- may use the family pool, family locker rooms, basketball court, and racquetball courts with adult supervision.
- may not use the weight rooms, cardio spaces, adult lap pool or the 3rd floor locker room at any time.
- may attend Kids Korner with reservation.

Children 13-17:

- may gain access to cardio machines, strength training equipment, 3rd floor locker room and classes with completion of OAC's Teen Class. Parent supervision will still be required during family pool use.
- may use the club from 6 am and 10 pm only. Teens will not be granted access to the club after 10 pm, regardless of supervision.
- are not permitted in the adult lap pool regardless of supervision.
- may not bring guests under 18, unless a parent is present to supervise and a consent form is signed by the guests' guardian and turned-in at check-in.

ADDITIONAL INFORMATION

Single parent and Family memberships include all dependents under the age of 18.

Teen memberships may be converted to Single adult memberships once eligible, otherwise the teen's account will automatically end.

KIDS KORNER

INFORMATION

Kids Korner is available to all members while using the Club for \$3 per hour. Single Parent and Family memberships come with 10 free hours per month; however, each complimentary hour reserved for babies will count as two..

Monday - Friday 8:00am - 7:30pm
Saturday & Sunday 8:00am - 4:00pm

**Hours are subject to change.*

206.781.3635

RESERVATION POLICIES

1. Reservations are required to secure a spot for your child.
2. Appointments for Tuesday - Saturday can be scheduled beginning at 8am the day before..
3. Appointments for Sunday can be scheduled beginning at 8am on Friday.
4. Appointments for Monday can be scheduled beginning at 8am on Saturday.
5. Reservations for busy times fill up quickly. We recommend going on the waiting list when you are unable to reserve your desired time.
6. Infants under one year old, may stay a maximum of 1 ½ hours, in addition to requiring two spots.
7. Children are scheduled as babies until they are both older than 1 year AND able to confidently walk up the stairs on their own.
8. You are required to call at least two hours in advance to cancel a Kids Korner appointment, without incurring a fee. Complimentary hours cannot be used to pay no-shows or late cancellations.
9. No shows and late cancellations will be charged for the full reservation time that was originally scheduled.
10. Free, monthly allotted, Kids Korner hours may not be carried over or saved for future months.
11. Children over one year old can stay in Kids Korner for a maximum of 3 hours.

12. If you are here for a personal training or spa appointment, you may reserve Kids Korner hours more than 24 hours in advance, however, there is still a fee.

REGULATIONS

1. Parents must sign in when dropping off a child. Parent or guardian's photo must be in check-in system for identification.
2. Kids Korner serves children age 4 months old and up.
3. **Parents must remain in the building while their children are in Kids Korner**
4. The child to caretaker ratio is 7 to 1.
5. Children in diapers must be in a freshly changed disposable diaper when dropped off. If a child needs to be changed their parent will be paged.
6. Children who are potty training must wear pull-ups!
7. Kids Korner is a NUT-FREE ZONE.
8. At Kids Korner, snack time is social as well as a nutritional event. Recommended snacks include; graham crackers, goldfish crackers, cut-up fruit, dry cereal and juice. Kids Korner has some snacks available for cash only.
9. If a child cries for more than 15 minutes, the parent will be called and asked to calm their child.
10. Reservations will be held for 15 minutes. If you are running late for your reservations, please call within that time; otherwise your reservation could be given to another member. Pick up children promptly at the end of your appointment time.
11. Label bags, bottles, coats, shoes and all other belongings brought into Kids Korner.
12. Please help your child remove their shoes and wash their hands before entering the Kids Korner play area.
13. If your child has been ill within the past 24 hours - **PLEASE keep them home for the safety and health of other children.**

These guidelines were established in order to maintain a safe and healthy environment for your child and our caregivers.



KIDS PROGRAMS



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