

CLASS ETIQUETTE

- It is essential that all participants are made to feel welcome
- Pool space is available on a first-come-first-served basis and no “spots” can be claimed by regular participants
- Please be ready to adjust your space for others
- Respectful and mature behaviour is expected of all participant
- Arriving early will ensure you don't miss the important warm-up of the session and prevents disturbing other participants and the instructor
- Please avoid the use of perfumes and other strong scents
- Showering before the class is recommended
- Please keep conversation during classes to a minimum
- For any feedback, please pick up the Group Fitness co-ordinator's email details from reception rather than speaking to the instructor