

**To All Parents & Student please take your time to read the latest update:**  
First day of the January session will start at time chart below

Thursday	1/19	1/26	2/2	2/9	2/16	3/2	3/9	3/16	3/23	3/30
Friday	1/20	1/27	2/3	2/10	2/17	3/3	3/10	3/17	3/24	3/31
Saturday	1/21	1/28	2/4	2/11	2/18	3/4	3/11	3/18	3/25	4/1
Sunday	1/22	1/29	2/5	2/12	2/19	3/5	3/12	3/19	3/26	4/2
Tuesday	1/24	1/31	2/7	2/14	2/28	3/7	3/14	3/21	3/28	4/4

**\*No Class:** 2/21-2/26 (President day)

**Suggestion for swim class uniform, please use the picture below for references.**

### Standard Swimsuit for Swimming lesson

#### Swimming Jammers & one piece

- More durable & Chlorine Resistant
- Less Drag in the water
- Can use for certain level of competition

#### Silicone Swim Cap

- Protect your hair well from chlorine
- Last longer than latex or cotton cap

#### Clear Goggles

- Goggle with nose bridge will be more comfortable
- Will easier to have eye contact with coach



### Non Suggested Swimsuit

#### Swim trunks & Long Sleeves skirts

- Will absorb mass of water
- Drag more water, causing bad forms
- Chances of suffocation from shirts

#### Fabric Swim Cap

- Fabric / Latex swim cap will be too soft or too tight
- Some people might have allergic to latex

#### Diving Goggle

- No nose bridge, very uncomfortable.
- Will be very tight and water will leak in easily



# Rules and Regulation

Please take a moment to read the information:

- ◇ All student have 1 free makeup class during session. There's no makeup class for student who swim **twice a week**, if request extra makeup lesson will be cost **\$55** per class.
- ◇ Make-up class within a semester must be done in the same semester. Cannot be carried over to the new semester
- ◇ Please arrive 20 minutes before class start to get change and prepare
- ◇ Must have goggle, and swimming cap, Suggest 2 towels (1 for pool use, other 1 for shower)
- ◇ Parents please remain seated, **DO NOT** enter the pool area, if any question, please text message to office
- ◇ Student who are over 7 years old will need to change/prepare by themselves  
Please inform our staff for assists if needed
- ◇ No picture and video recording at the pool area due to personal privacy
- ◇ No Food or Drinks are allowed in the pool area (No Coffee, Bubble Tea, Candy, Cookie... etc.)
- ◇ **DO NOT** leave anything overnight in the locker room
- ◇ No Running, Screaming, Jumping in the Pool area

Royal Athletic reserves the right to make any final changes, please refer to our swimming website:  
[www.royalswim.com](http://www.royalswim.com) for details