



Pallottine Aquacize

Prayer Group Guidelines Updated October 1, 2021

Classes: Monday, Wednesday, and Friday mornings
9:00 a.m. until 10:00 a.m.

1. Participants must sign a “Release of Liability” statement. The release is for the entire year.
2. Given the nature of exercising in water, masks are not feasible proof of covid vaccination is required.
3. Contact information for members may be given to all members.

There is no lifeguard, therefore:

- There must be 3 people present in order to have class.
- Participants are asked to be aware of those around them.
- Good swimmers can choose to perform some exercises in deep water...the choice is their responsibility
- Bring your medical insurance card with you each class and a current list of any medications.

Pool Noodles: Pallottine owns the noodles and are available to everyone.

Water weights: May be used for some exercises but are not necessary. A limited number are available.

Prayer: Classes open with a prayer. A faith music CD may be played during the class.

Inclement Weather Policy:

SNOW: If Hazelwood School District closes because of inclement weather, aquacise will be cancelled.

LIGHTNING: No one will enter or stay in the water or pool area if lightning is seen or thunder heard. If the storm passes quickly, the class will begin or resume afterward.

In case of emergency:

There is no lifeguard. Each participant must give an emergency contact name and phone number.

- **Rescue equipment is on wall near steps.**
- **Phone is just on other side of pool door at top of steps. Depending on circumstances, dial 911 or follow directions for contacting Pallottine office.**

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