



Pallottine Aquacise

Prayer Group Guidelines

Updated January 2025

Payment made by the 1st of each month to secure registration. Please note that all program payments are considered donations and are therefore non-refundable.

**Registration is through website only – [Programs > Pool / Aquacise](#)
(www.pallottinerenewal.com/programs/aquacise)**

1. Participants must sign a “Release of Liability” statement. The release is for the entire year.
2. Contact information for members may be given to all members.

There is no lifeguard, therefore:

- There must be 3 people present to have the 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 they 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.

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 provide an emergency contact name and phone number.

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