



EXERCISE NETWORK

SWIM LESSONS PORTAL

Quick Start Guide for Families

Set up your account, purchase credits, and book lessons with confidence.

The [Exercise Network Swim Lessons Portal](#) was designed to simplify scheduling, payments, communication, and lesson management for families.

Before you begin Booking: Use an active email address to set up your account, complete all swimmer information, and review the waiver before booking lessons.

Step 1 - Create Your Family Account

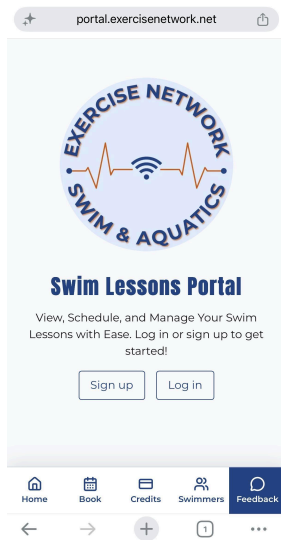
What to do

- Visit the [Exercise Network Swim Lessons Portal](#).
- Select Sign Up.
- Enter your name, email address, and password.
- Use an active email address for confirmations and updates.

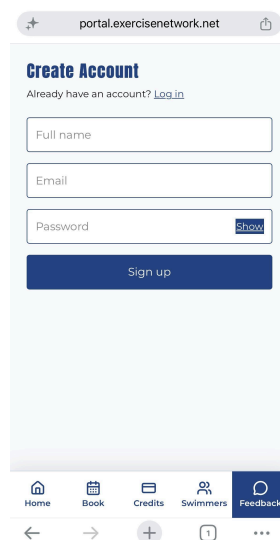
Tip: This email will be used for booking confirmations, reminders, and account updates.

What you will see

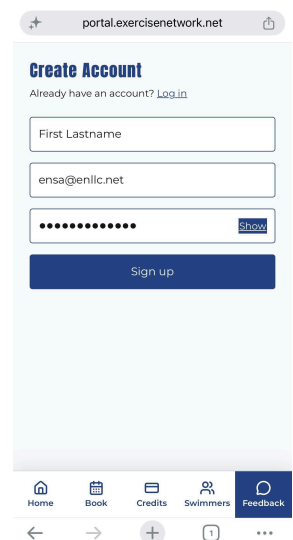
Use the screenshots below as a visual reference while moving through the portal.



Portal welcome



Blank sign-up form



Enter account details

Step 2 - Verify Your Email

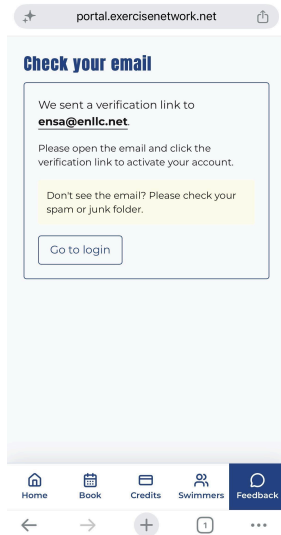
What to do

- After signing up, check your email inbox.
- Open the Exercise Network confirmation email.
- Select Confirm Email.
- Return to the portal and log in.

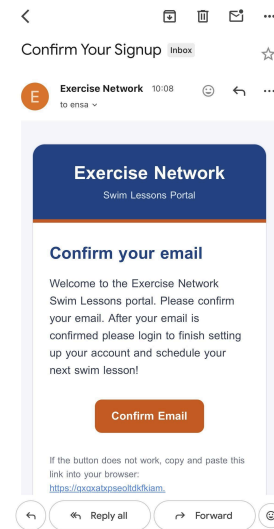
Troubleshooting: If the verification email does not arrive, check spam or junk mail first.

What you will see

Use the screenshots below as a visual reference while moving through the portal.



Check your email



Confirmation email

Step 3 - Complete Family Onboarding

What to do

- Add parent/guardian contact information.
- Add swimmer details, including date of birth and swim level.
- Include any notes about your swimmer that may be helpful to know.
- Review and sign the waiver.

Helpful note: Please complete all swimmer profiles before booking. Accurate swimmer information helps coaches prepare for lessons.

What you will see

Use the screenshots below as a visual reference while moving through the portal.

portal.exercisenetwork.net

Complete Registration

Create your family profile, add swimmers, and complete the participation waiver.

Family Information

ensa@enllc.net

Family Name

3011234567

Swimmers

New Swimmer

Swimmer

1

Home Book Credits Swimmers Feedback

Family and contact information

portal.exercisenetwork.net

Swimmers

New Swimmer

Swimmer

1

Swimmer Date of Birth

5

4

2018

Current Swim Skill Level

Briefly describe the swimmer's current ability level, comfort in the water, or previous experience.

Special Notes or Medical Information

Share any medical concerns, accommodations, behavioral notes.

Home Book Credits Swimmers Feedback

Swimmer Information - click add swimmer to add information for multiple swimmers

portal.exercisenetwork.net

+ Add another swimmer

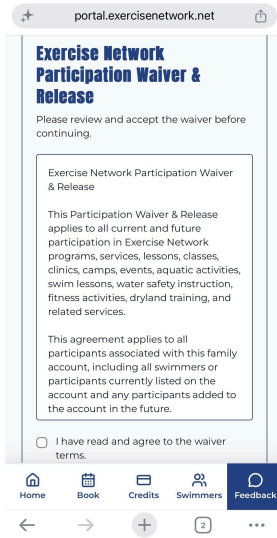
Additional Information

How did you hear about us?

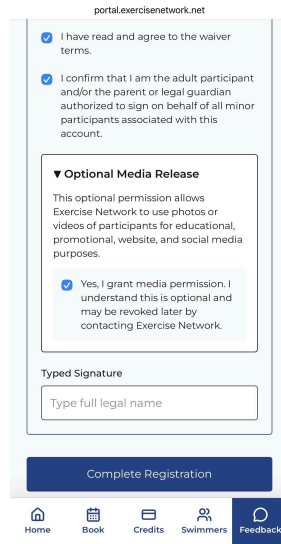
Referral name, if applicable

Anything you would like us to know about your swimmer's goals, comfort level, or needs?

Optional (How did you hear about us)?



Waiver review



Signature and submit

Step 4 - Purchase Lesson Credits

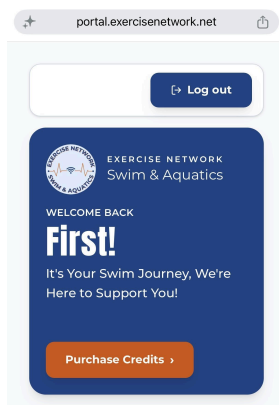
What to do

- Open your family dashboard.
- Select Purchase Credits.
- Choose your preferred lesson package.
- Complete secure checkout through Stripe.

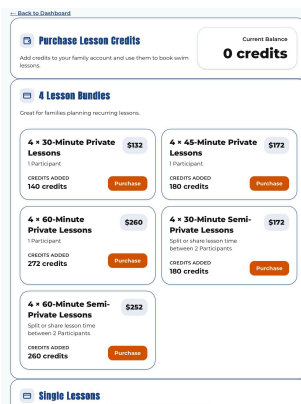
Credit reminder: Credits are used to book swim lessons and remain available in your account until used.

What you will see

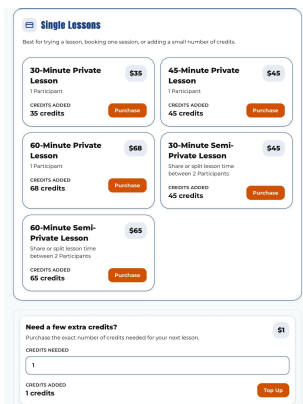
Use the screenshots below as a visual reference while moving through the portal.



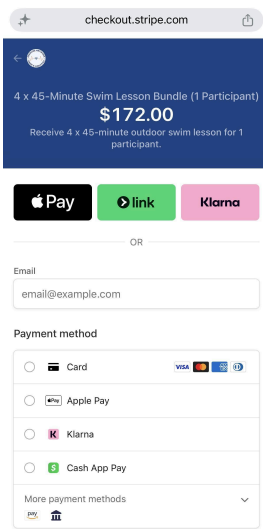
Dashboard View - Purchase your first credits



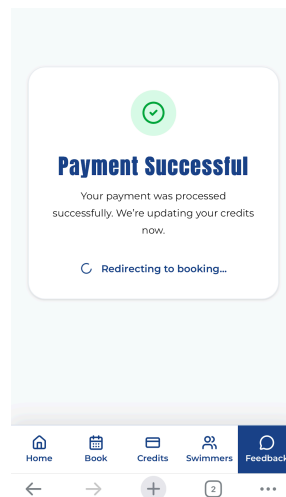
Select an option - 4 Lesson Bundles



or Single Lessons



Complete secure checkout via Stripe



Once payment is successful you will be redirected to the booking page.

Step 5 - Book Swim Lessons

What to do

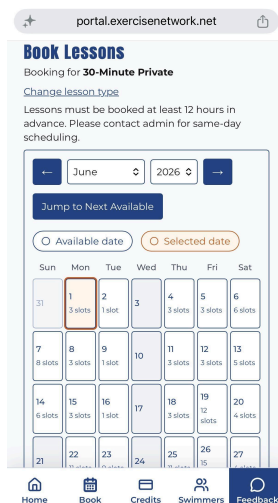
- Open the booking calendar.
- Choose an available lesson date and time.
- Assign swimmers to the lesson.
- Review your selected lessons and confirm your booking.

Booking reminder:

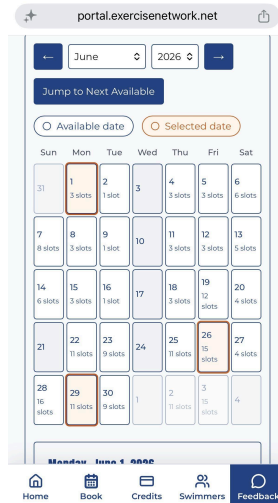
Cancellation and reschedule cutoffs may apply. Review all lesson details before confirming.

What you will see

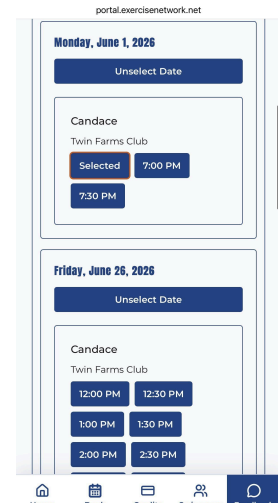
Use the screenshots below as a visual reference while moving through the portal.



Booking calendar



Choose dates



Select available times

Lesson Details

30-Minute Private
30 min · 35 credits

Swimmer

Another Swimmer **Selected**

New Swimmer

Swim User

Select Swimmer

Selected Lessons

Monday, June 1, 2026

4:00 PM
Candace
Twin Farms Club

Lessons selected

1

Total credits required

35

Confirm Booking

Review selected lessons and credits required

Selected Lessons

Monday, June 1, 2026

4:00 PM
Candace
Twin Farms Club

Friday, June 26, 2026

7:30 PM
Candace
Twin Farms Club

Lessons selected

2

Total credits required

70

Confirm Booking

Confirm booking

Booking created

How was your booking experience?

Your feedback helps us improve the portal.



Smooth



Had Trouble

**Receive successful
booking confirmation.**

Lessons confirmed: 30-Minute
Private Inbox ☆

Exercise Network 10:25
to me ↵ ...

Exercise Network

Swim Lessons Portal

Lessons Confirmed

Your swim lessons are confirmed.

Swimmer: Another Swimmer

Lesson Type: 30-Minute Private

Lesson 1

Date & Time: Monday, June 1,
2026 at 4:00 PM

Coach: Candace

**Receive booking
confirmation email.**

Step 6 - Manage Upcoming Lessons

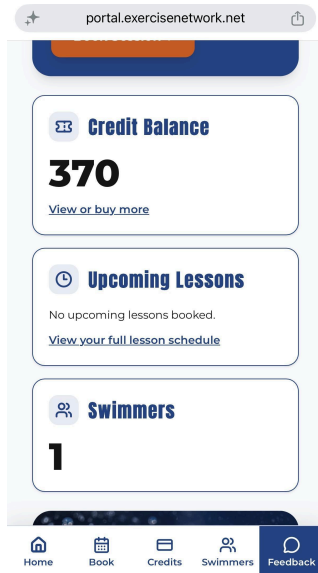
What to do

- View upcoming lessons from your dashboard.
- Open your full lesson schedule.
- Reschedule or cancel lessons directly through the portal.
- View notifications, credits, and swimmer information.

Family dashboard: Your dashboard is the main place to view lessons, credits, notifications, and swimmer details.

What you will see

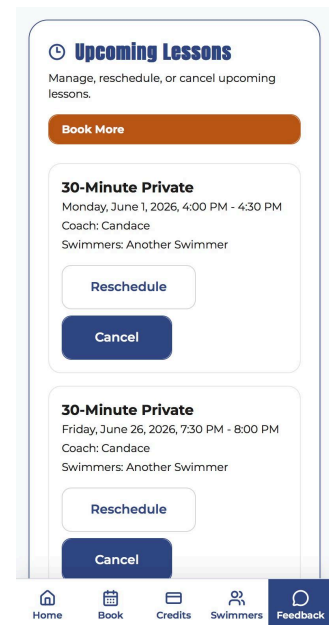
Use the screenshots below as a visual reference while moving through the portal.



Dashboard overview



Upcoming lesson card



View Upcoming Lessons on the lessons page

Need Help?

If you experience any issues while using the portal, please contact us.

Email: exercisetwork@enllc.net

Website: <https://exercisetwork.net/contact-us/>

We are continuing to improve the portal experience and greatly appreciate family feedback.

Thank you for being part of the Exercise Network community!

We look forward to supporting your swimmer's growth both in and out of the pool.