

# SWIM LESSONS

## GUIDE FOR PARENTS

### SWIM LESSON GOALS

1. Learn basic water safety skills.
2. Learn to swim with correct technique.
3. Have fun!

Students are divided into classes based on age and ability. Trained instructors emphasize personal safety, swimming skills, endurance and social skills through praise and encouragement.

We expect children to learn and progress at their own rate, and some children will need more than one session to master the skills necessary skills to advance to the next level.

We reserve the right to move students in classes if they are too advanced or too unskilled for the level in which they were enrolled. We reserve the right to remove children from classes if they are verbally or physically abusive to instructors or other students, or if they are disruptive to the class.

### WHAT DOES MY CHILD NEED FOR CLASS?

A swim suit and towel. Recommend, but not required: flip flops for walking on the pool deck, a good pair of goggles (advanced swimmers), and swim caps (particularly for swimmers with long hair).

### WHAT IF MY CHILD CRIES WHEN I BRING HIM/HER TO LESSONS?

Some children experience anxiety when beginning lessons, particularly in the absence of a parent. It is generally best to let the aquatics staff work through this with your child. We will strongly encourage your child to get in and try the class; however, if you are uncomfortable with this approach, other arrangements can be made.

### CAN I STAY AND WATCH THE LESSON?

Parents and guardians are welcome to stay and watch lessons. Seating is available on the wall side (north side) of the pool or from the viewing gallery upstairs in the main lobby. After the first day, parents are asked not to sit on the window side (south side) of the pool, as this can be a distraction for young swimmers.

### HOW CAN I HELP MY CHILD IMPROVE?

1. Provide positive encouragement to swimmers.
2. Provide opportunities for practice by accompanying your child to the pool at times outside of swim lessons. Encourage your swimmer to demonstrate the skills learned in class, but allow plenty of time for fun and play. Even when they are not obviously practicing, children increase their skills and endurance just by being in the water.

#### FOR MORE INFORMATION:

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