



LEARN TO SWIM INFORMATION

- Sessions include classes *Mondays – Thursdays* for two weeks.
- Please inform the Coordinator or Instructor of **any medical conditions** that may affect your child during lessons. (ex. Asthma)
- If the **weather conditions appear questionable**, please call (817)598-4382 or (817)598-4124 no more than *30 minutes prior* to your lesson time for an update. Lessons will be held if it is just overcast or misting. If your lesson is cancelled, your make-up day will be Friday during the same session time.
- *Prepare your child for this experience.* Make sure your child knows that an instructor will be present at all times. Each day your child will meet their instructor at the same location. Please note where your child's meeting place is **AND** the name of their instructor. This way if you are running late, the Coordinator will know where to direct your child if their class is already in the water.
- *Please be prompt.* Children can get anxious if hurried. Allow plenty of time before class to visit the restroom, change clothes, put on sunscreen, etc. If your child needs to visit the restroom during class, our Coordinator will take the child from the water to the restroom and back to the instructor.
- *Follow rules and regulations.* You are responsible for your child's actions. Lead by example – teach, talk about and review the pool rules with your child.
- *Attend every lesson.* Frequent practice is the key to adjustment and learning. Encourage a crying or hesitant child to continue with the class.
- *Give praise.* Recognize your child's efforts, no matter how small the accomplishment. Praise should be descriptive of the action. We strongly encourage parents to stay and watch the lessons; however, during your child's lesson, please refrain from being on or around the deck area. There are designated areas for spectators to sit. We allow time on the last day of class to take pictures.
- *Complete all the levels.* Make sure your child completes all swim levels so that they truly have the skills to be safe in and around the water.
- *Personal items.* We encourage children with long hair to pull it up out their faces. It is hard to breathe when there is wet hair covering your nose and mouth. Goggles should **not** be worn during lessons. A child's comfort level is gauged by their ability to put their face in the water, open their eyes and come up for air without having to stop and wipe their face. Jewelry should not be worn as it can easily come off in the water and will go down the drains.
- *Encourage safe practices.* Young children cannot be expected to exercise good judgment and caution and must constantly be reminded to walk slowly in the pool area and enter the water only when instructed to do so.
- *Have patience.* It is important not to pressure your child to perform before they're ready. Readiness results from maturity, personal experiences and other individual factors.
- *Avoid comparisons.* No two children develop at the same rate (not even twins!). Respect your child's qualities and do not compare them to their siblings or other children.
- *Provide encouragement.* A good rule is to encourage your child to do everything, but not to force them to do anything. Let your child know that learning involves lots of practice and they should keep trying.
- Gum is **not allowed** inside the pool area, *this includes parents.*

Frequently Asked Questions

Q: What helps prevent fear of the water?

A: No matter how cautious you are, fear cannot always be prevented. You can help reduce fear in the following ways:

- Provide enjoyable non-threatening water activities that are simple and fun to build confidence
- Arrange for regular, continued contact with a water environment for your child
- Select safe water environments and supervise all water play
- Treat water mishaps sympathetically, but do not alarm your child
- Be aware of your facial expressions and choice of words so that you do not signal panic or fear
- Teach your child respect for the water and water rules without implied threats or fear
- Lead by example. Follow rules and enjoy the water with your child. Get your face wet and perform some of the simple and fun activities taught in swim lessons.

Q: When will my child have confidence to use their skills to swim?

A: Children vary when it comes to learning a skill. In general, each child's readiness is influenced by physical development, previous experiences, home environment, parental attitudes, and individual preferences. For example, before a child is ready to put their entire face in the water, they may need to practice washing the face or blowing bubbles. It may take several lessons before a child can swim independently.

Q: What if my child cannot keep up with the pace of the class?

A: The progress of your child is not compared with that of any other child. Because they have different experiences and backgrounds as well as different learning rates, children acquire skills at different times. The instructor can adapt and adjust the level of difficulty to the individual child. This way, your child will feel a part of the group but will practice at their skill level. If you believe your child needs to be in a different level class, please consult with the Learn to Swim Coordinator.

We hope you have a great summer and remember, 'Just keep swimming!'

