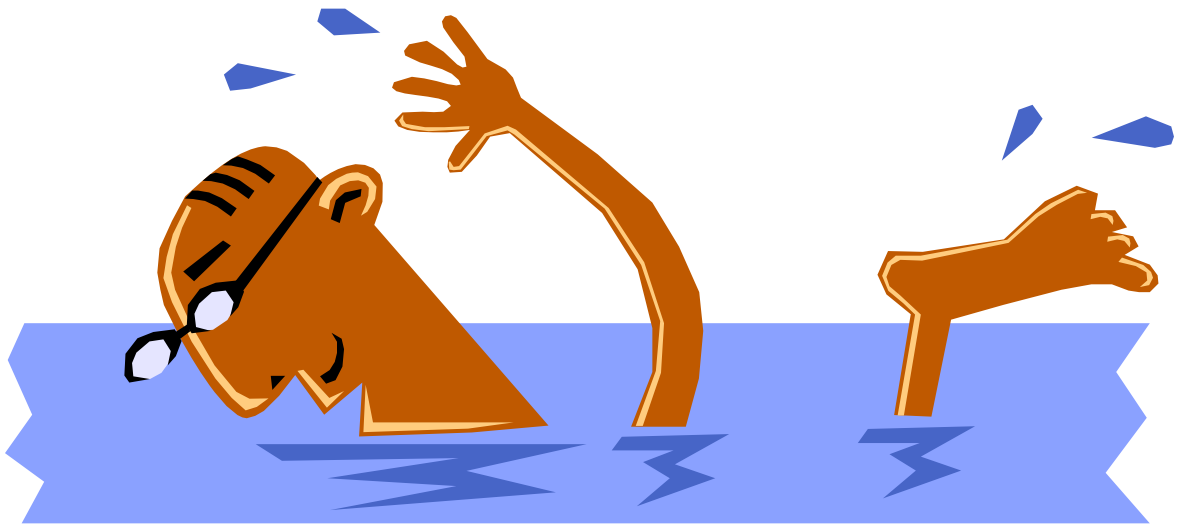


Swim Lesson Parent Handbook



Sunset Pool
GENEVA PARK DISTRICT

Summer 2010

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Sunset Pool
GENEVA PARK DISTRICT

1.0 Introduction

The purpose of our swim lesson program is to provide your child with water safety knowledge and practices, aquatic adjustment and swimming readiness skills. In addition, we strive to provide a fun and enjoyable water environment.

Please read carefully through this packet to become acquainted with your swim lesson.

2.0 Lesson Description

Water Tots, “Flamingos” Ages: 18 months-3 years

This class will help children adjust to a large body of water. A parent or guardian must accompany their child in the water and take part in his/her learning process. The lessons will be game-based with an emphasis on water safety and floating. Children must wear swim diapers or plastic pants.

Mom and Tot classes do not rotate into Introduction to Swimming. If you feel your child is ready to attend Introduction to Swimming please register them through the Administrative Office.

Introduction to Swimming Ages: 3-5

This will be your child’s first swim lesson without a parent. Emphasis will be on group games to acclimate your children to water thus reducing their fears. Children are grouped by ability (Dolphins, Ducks, Tadpoles) and work on a variety of skills appropriate for that level. On the first day, all children are tested and grouped with others of comparable skills.

Please note Ducks and Tadpoles will be swimming in the slide well which reaches 3.5 feet.

Explore One Ages: 6-15

A variety of skills will be taught in the three levels of Explore One. All children are tested and grouped with others on comparable skills (Frogs, Turtles, Fish.) It is not uncommon for children to spend more than one session in Explore One in order to get through skill levels.

Explore Two Ages: 6-15

Children must have completed Explore One or its equivalent. Explore Two will primarily be taught in the deep well. Children are grouped by ability level (Penguins, Octopus.) On the first day all children will be tested and grouped with others of comparable skills.

3.0 Class Structure

All of the lessons are taught in a structured group setting. The motivation and inspiration that students get from watching peers excel and learn new skills has proven to be a powerful tool in teaching children how to swim. All children will be given individual attention but since it is in a group setting that cannot be constant.

Please note the first seven days will be instructional and the eighth day will be fun day.

4.0 First Day of Class

All students will enter the pool deck and be placed into their testing groups. Once testing is complete each child will be placed into a specific group which they will be notified of before leaving class. This is the grouping they should attend for the remainder of the session.

In addition, there will be a brief orientation held for parents on the first day of class to explain how lessons will run.

5.0 Parents Watching

We do allow parents to watch their children as they participate in swim lessons, however, we do ask that you stay on the north side of the pool deck away from the water. Children have a tendency to run to their parents if they are close and in plain sight and we want to encourage the children to actively participate in class and minimize their distractions.

6.0 Class Cancellations

Always assume swim lessons will run. We strive to always run lessons to maximize the amount of instructional time your child will have. However, the weather is at times not cooperative whereas lessons may be cancelled. Class cancellations will be made 30 minutes prior to the start time. There are also times when classes are in the water when bad weather hits and if this is the case we will schedule a make-up class unless the class was more than half over.

If you should have a question whether or not class is running you can call 232.0747. Due to a large number of calls an automated attendant may pick up. If you listen to the message and navigate into the swim lesson hotline there will be updated information regarding your classes.

7.0 Make-Up Lessons

Classes run Monday-Friday during the first week of the session and Monday-Wednesday of the second week. We reserve the last two days of the second week for make-up classes if necessary.

2 or more missed lessons will result in a prorated refund or free daily pool pass per child.

8.0 Pool Rotations

Please note that classes throughout the session may switch pools to better accommodate for different skills being practiced. Pool rotations are based on which skills are being taught and amount of space needed.

9.0 Waitlists

Waitlists for classes will be called when spaces become available.

10.0 Important Names & Phone Numbers

Swim Lesson Coordinator	Mary Keyzer
Aquatic Supervisor	Mickey Boyle
Sunset Pool	630-232-0747*
Administrative Office	630-232-4542

*if an automated attendant answers please navigate through the system to swim lesson updates

The Sunset Pool staff wishes you a great summer and hope your child enjoys their lesson and learns new practices.

