Welcome to Swim Lessons with La Vista Recreation. We are including in this packet some information to help you to get the most out of your swim lesson experience. Regardless of your child's swimming ability, you can play a critical role in guiding, caring for, supervising, motivating, and working with your child during and after this experience. The following are some suggestions to help you to provide the best experience for your child.

**Prepare your Child**
Visit the pool beforehand
Describe what will happen during the swim lessons

**Be Prompt**
Children can get anxious when hurried
Allow time for changing and using the bathroom

**Follow Rules and Regulations**
Teach, talk about and review pool rules with your child
You are responsible for your child's actions
Encourage safe practices by reminding

**Attend Every Lesson**
Frequent practice is key to adjustment and learning

**Complete All Levels**
Complete all levels so that your child truly has the skills to be safe in, on and around the water

**Avoid Comparisons**
No two children develop at the same rate

**Provide Encouragement**
Encourage them to try everything, but don't force
Forcing can bring negative results

**Be Positive & Give Praise**
Recognize your child's effort no matter how small
Praise should be descriptive of the action such as, “I liked the way you blew those great big bubbles!”

**Facilitate Practice and Review Skills**
Try out skills at home or when swimming as a family
Swim Lesson FACTS

- Lesson run for 2 weeks Monday – Thursday
- Fridays are set aside for makeup days due to weather related closures
- Each class is 45 minutes long
- Please make sure your child is prepared to start on time
- Each class has a maximum participation of 6
- Please do not approach the instructor during lessons. Speak with the supervisor on deck

**Level Descriptions:**

**Pre-beginner: (4 years & up) - Exploring the water.**
**Purpose:** Introduce students to the water in a safe and fun environment.
**Teaches students to:** This class is for students who are ready to explore the water by themselves. This class also uses a wide variety of games, songs, toys to help your child become more comfortable with the water.

**Level 1: (Beginner) - Introduction to water skills**
**Purpose:** Help students feel comfortable in the water and enjoy the water safely.
**Teaches students to:** Fully submerge face in water; Bouncing up and down in water; Supported Float on tummy; Supported Float on back; Bubble blowing; Water entry and exit; Movements through the water; Supported kicking of front; Supported kicking on back; Intro to the Crawl or Front Stroke Arm Movement; Basic Water Safety rules; Retrieving objects from bottom of the 3 ft.

**Level 2: (Beginner) - Fundamental Aquatic Skills**
**Purpose:** To provide students with opportunities for success with fundamental skills.
**Prerequisite:** Pass level 1
**Teaches students to:** Hold breath and fully submerge face in water; Retrieve objects from 3 ft. Orientation to deep end; Orientation to diving board; Prone or Front Float, unsupported; Supine or back float, unsupported; Leveling off; Rhythmic breathing; Flutter Kick on tummy and on back; Finning of back; Back Crawl arm motion; Combined Crawl or Front Stroke; Combined Backstroke; Turns, front to back, back to front.

**Level 3: (Advanced Beginner) – Stroke Development**
**Purpose:** To build on the skills in level 2 by providing additional guided practice
**Prerequisite:** Pass level 2
**Teaches students to:** Retrieve object from deep end; Bobs in deep end, submerging head in deep water; Bobbing to safety; Jumping from side of pool in deep end; Diving; Prone Glide with push off; Back Glide with push off; Total coordination of Front and Back crawl; Elementary Backstroke; Reversing directions while swimming; Treading water; Diving off the diving board.

**Level 4: (Intermediate) – Stroke Development**
**Purpose:** To build student confidence and performance of the swimming strokes learned in level 3 by providing additional guided practice.
**Prerequisite:** Pass level 3
**Teaches students to:** Deep water bobbing (jumping movement in deep end); Rotary breathing (switching sides to breath on every stroke); Diving; Elementary Backstroke; Sculling on the back; Front Crawl; Back Crawl; Breaststroke; Sidestroke; Turns using a wall; Tread water using different types of kicks.
Level 5: (Swimmers) – Stroke Refinement

**Purpose:** To build student confidence and performance of the swimming strokes learned in level 4 by providing additional guided practice.

**Prerequisite:** Pass level 4

**Teaches students to:** Deep water bobbing (jumping movement in deep end); Rotary breathing (switching sides to breath on every stroke); Diving; Elementary Backstroke; Sculling on the back; Front Crawl; Back Crawl; Breaststroke; Sidestroke; Turns using a wall; Tread water using different types of kicks.

Level 6: (Advanced Swimmers)

**Purpose:** To build student confidence and performance of the swimming strokes learned in level 5 by providing additional guided practice.

**Prerequisite:** Pass level 5

**Teaches students to:** Deep water bobbing (jumping movement in deep end); Rotary breathing (switching sides to breath on every stroke); Diving; Elementary Backstroke; Sculling on the back; Front Crawl; Back Crawl; Breaststroke; Sidestroke; Turns using a wall; Tread water using different types of kicks.

**Level Progressions**

Each participant must complete the current level before registering and paying for the next level.

**Guidelines**

**Class Assignments:**

Students will be given a short swim test on the first day so we may group them according to ability within a class and determine if they are in the correct level. A Water Safety Instructor (WSI) or pool manager may transfer a student as necessary. Since many children may be out of practice, we may move a child back to a class level to review, practice, and improve their skills to insure they meet class skill prerequisites.

**Practice:**

Practice is one of the biggest factors in learning to swim. Additional practice of skills learned in class is needed if students are to become proficient swimmers. Please take your student to a pool to practice whenever possible.

**Cancelled Classes:**

If classes must be canceled, the decision to cancel is made approximately 15 minutes before class time. You may call the pool lesson site 15 minutes before class time or visit teamsideline.com/lavista. If we must get out of the water, instructors will cover the required safety portions of the course. Classes may be canceled for bad weather, mechanical problems, or unexpected situations affecting health. Cancelled classes will be made up on Fridays, Saturdays, and Sundays if needed. No refunds for canceled classes.
Restrooms:

Four and five year olds will be escorted to the restroom during class time. Children six years and older will be allowed to go by themselves. Please encourage children to go to the restroom before class begins. Any student that is not potty trained must wear a swim diaper.

Crying:

If your child cries very much during the first and second day, we may ask you to get in with them. If your child cries after this, transfer to a later session is recommended. If this happens, we recommend you take the child swimming to the pool and work on some swimming skills with them.

Special Needs:

If your child has special needs, please indicate this during registration. We will do our best to accommodate the special needs of the student(s). We must have adequate time to plan for ways to meet the special needs requested. Without prior notification of special needs, we may not be prepared and able to help with the special needs requested.

Class Discipline:

We reserve the right to take students out of classes when they are verbally or physically abusive to other students or staff, or they disrupt the class.

Swim Lesson FAQs

What time should I arrive for my lesson?
Please arrive 5 minutes before your lesson. Give space and time to the class before you before entering the pool area.

How old do you have to be to take swim lessons?
Students must be at least 4 years old and can be as old as 150.

Are flotation devices allowed during lessons?
Flotation devices are not allowed during lessons.

Can parents get in the pool with their child during lessons?
If a student is struggling, the teacher may request that the parent enter the water and assist.

What should I bring to the lessons?
Always bring a towel, sunscreen, and water. It is up to you to bring a change of clothes.
Learn to Swim Facts

In a study compiled by the Consumer Product Safety Commission, the National Spa and Pool Institute, the National Safety Council, the U.S. Centers for Disease Control and Prevention, and Aqua Magazine these facts about swimming pool related drowning & injuries were recorded.

- About 300 children under 5 years old drowned yearly in residential swimming pools.
- Another 2,300 children under 5 submerged in residential pool were treated in emergency rooms.
- Boys between 1 and 3 years old were the most likely victims of fatal and near fatal drowning.
- Drowning is the second leading cause of injury, after motor vehicle related deaths, accounting for 1,430 (ages 1-19 years) deaths in 1992.
- Sixty to 90 percent of drowning among persons ages 0-4 years occur in residential pools and more than half of these drowning occur at the child's own home.