

SWIMMING

Lessons at The Rec



CLASS RATIOS

Our swimmer ratio is set at 1:4 for lessons. Advanced levels may have a 1:6 ratio. Some classes may have smaller ratios if registration is not full. Smaller class sizes help us provide more engaging lessons and increased practice opportunities within each lesson.

ABSENCES & MAKE-UP LESSONS

Participants are encouraged to attend all class sessions. Please do your best to let your child's instructor know if there will be a scheduled absence, and please contact Alyssa, our Aquatics Director, if your child will be absent for any reason. We will do our best to find another time slot for your child to make up their lesson if possible.

AGE POLICY

Any child under the age of 9 may not enter the pool area without adult supervision. If your child is enrolled in lessons, please make sure a responsible adult escorts them to and from the pool deck. Please do not drop them off at the curb and allow them to walk in by themselves, as this is not permitted. When you bring your child in, please park your vehicle in a parking spot, keeping the fire lane open.

LOCKER ROOMS/LESSON PREPARATION

Boys under the age of 18 must use the Boys/Men's locker room. Girls under the age of 18 must use the Girls/Women's locker room. Male parents/guardians accompanying girls under age 6 may use the Boys/Men's locker room. Female parents/guardians accompanying boys under age 6 may use the Girls/Women's locker room.

We strongly suggest that you not leave any valuables in the lockers. The Rec is not responsible for lost or stolen articles. You may bring a lock for your locker, but all locks must be removed from the locker when you leave. Any locks that are left will be cut.

Please remove Band-Aids before entering the pool. For the safety and health of everyone in the pool, anyone with an open sore should NOT swim. Shoulder-length hair must be tied back or capped to keep it out of the swimmer's eyes, as well as to help keep the pool clean. All swimmers are asked to shower before entering the pool area.

So children do not miss the beginning of their class, please allow enough time for them to dress and shower before class begins. Do not forget to ask your child if they need to go to the bathroom before class begins. All children must wait until the swim instructor is ready and lets them know that it is time for class.

PHOTOS & VIDEOS

Out of the respect for every child and parent/guardian, please do not take any photos or videos of anyone but your own child.

SWIM LESSON EXPECTATIONS

For each child to receive the best possible experience, it is required that every child comes to their lesson with a positive attitude. Being safe is our top priority. We want to have a fun learning environment and that requires all our swimmers being safe. We also want our swimmers to be respectful to the other swimmers, their instructors, and our equipment. Failure to be safe or respectful can result in time away from class and potential removal from swim lessons.

WHEN SHOULD I NOT BRING MY CHILD TO LESSONS?

Open wounds and contagious diseases/illnesses are reasons to keep your child out of the pool until healed or well. We abide by strict regulations regarding bloodborne pathogens and other bodily fluids. Participants with open cuts, blisters, inflamed eyes, contagious skin rashes, or any communicable disease are not permitted in the pool. Anyone who has or had diarrhea in the past two days should refrain from using the pool.

START OF THE CLASS

If children arrive early for class, they must wait near the starting blocks until it is time for their class to begin. An instructor will come to them when it is time for class. You should accompany your child into the pool area and make sure that they get to the correct spot for their lesson. You may leave your child's towel on the deck for immediate access after the lesson. Parents/guardians are asked to stay in the viewing area during swim lessons.

END OF THE CLASS

Please meet your child, on the deck at the end of class. Our instructors are happy to talk to parents/guardians and answer any questions you may have. If your discussion requires longer time than just a few minutes, we encourage you to schedule a separate time by seeing our Aquatics Director.

WHAT SHOULD I DO IF MY CHILD IS CRYING?

Many times, first time participants can become overwhelmed with the lesson experience. It is not unusual for a child to become upset when in unfamiliar surroundings. Your child may show great apprehension or cry during the first few weeks of lessons. Be persistent and they will overcome their fears. Please let our trained instructors work with your child.

EXTRA PRACTICE AND AT HOME PRACTICE

Bring your child to Open Swim (see our Pool Schedule for available times) and give them an opportunity to show you what they are learning in class. The more opportunities children are given to practice, the faster their progress will be. Frequent exposure is a very important factor in learning. Practice in the bathtub at home is very beneficial if your child is not acclimating to getting their face and ears wet in the pool. Spend part of each bath time letting water drip over their face, blowing bubbles, getting their face wet and lying on their back to get their ears wet. For some children, this is an unnatural feeling and must be done gradually. This helps the child become accustomed to having water in their ears and gain an understanding of the buoyancy of their body. For advanced levels, have children practice arm movements for various strokes while standing on the floor. They can practice crawl stroke arms, backstroke arms, breaststroke arms, and butterfly arms. Remember to never leave a child alone in the bathtub or swimming pool.

OTHER QUESTIONS OR CONCERNS

We want both you and your child to have a positive experience. If you have any questions or concerns, please contact Alyssa Woodyard, Aquatics Director, at alysa_woodyard@parisrec.org