MISCELLANEOUS INFORMATION

City of Richardson

SUMMER 2012

- Please take your child to the restroom before class starts.
- Remind your child not to drink the pool water.
- Safety information is a part of every class.
 All the lessons will not necessarily be conducted in the water.
- Every participant will learn about water safety rules, lifejackets, and helping others in and around the pool.
- Please feel free to discuss progress with your instructor.
- Other matters can be handled by contacting Marika Coleman or Sara Stewart at 972-744-7893.

Learn—to—Swim Program

The Level System

Participants should be registered in the class that most nearly describes their previously mastered skills. Placement of a pupil may be changed within the session in order to provide the level of instruction needed. Classes are limited in order to provide flexibility and to prevent overcrowding. The level system is structured like a building block program with each level of instruction expanding from previously mastered skills. Specific objectives for each level are presented, and goals must be met before graduating to the next level. Red Cross certified instructors will direct classes and achievement cards will be awarded after the participant accomplishes the required skills. Student-to-teacher ratio will vary according to class and level need. Refer to the Recreation Today booklet you received in the mail, to either of the recreation facilities, or the city of Richardson website for further information.

Registering for Another Session

Participants may register for lessons by going to either Heights or Huffhines Recreation Center. Courses are scheduled to utilize pool space without overcrowding. On the Wednesday before a new session begins, any class that does not meet minimum enrollment will be cancelled. Registrants in that class can transfer to another opening or receive a refund.

Class Cancellations

Classes may be cancelled due to stormy weather or problems with the pool. Pool personnel on duty will make the decision for each individual location. Participants will not swim if there is lightening or thunder at the pool. If more than two cancellations occur, there will be a make up lesson on the Saturday following the scheduled lessons, depending on availability. The City of Richardson guarantees eight swim lessons. No make-up lessons are available for classes missed for personal reasons. If the weather is stormy, call the location of your pool 15-20 minutes prior to your scheduled lesson to see if lessons will be held.

Very Important Safety Issues

It is to the advantage of both the participant and the instructor to **arrive to class on time**. If a participant is dropped off prior to the beginning of the session, that participant will be unsupervised. All participants who arrive early will be required to wait outside the pool area until their class meets. It is strongly recommended that children not be left by themselves to wait prior to class. Only class participants and instructors will be allowed on the pool deck and in the pool. Parents and other observers may watch lessons from designated areas. It is recommended that your child stay for the entire class. However, if you must pick your child up prior to the end of class, it is your responsibility to speak directly with the instructor at the time you are taking the child. If someone other than yourself is going to pick up your child, your child's instructor must be notified prior to class. The pool area must be cleared completely between classes as well as prior to opening the pool to the public. A parent or guardian must pick up participants immediately after class. Participants will not be allowed to wait with instructors. City pools open to the public at 1:00 PM. Your child's safety is of utmost importance. Thank you for your cooperation in these matters.

Our Level System

For every level of Learn-to-Swim, our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. It is not important how quickly they move through a level, but that they acquire each skill. Following is a list of each level's purpose.

4&5 Beginners, Preschool Aquatics

·//·//

To orient preschool-age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills. Most skills at this level are completed with support.

Level 2A & 2B, Fundamental Aquatic Skills

To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position. Participants in 2A will focus on the fundamentals of our alternating strokes, while those in 2B will focus on our simultaneous strokes.

Level 4A & 4B, Stroke Improvement

To develop participants' confidence and attention to detail in the strokes learned in Level 3 and to improve other aquatic skills, like diving.

Participants in 4A will concentrate on front crawl, back crawl and sidestroke. 4B participants will work on these as well as elementary backstroke, butterfly, and breaststroke.

Level 1, Introduction to Water Skills

To begin developing positive attitudes, good swimming habits and safe practices in and around the water. Most skills at this level are completed with support.

Level 3, Stroke Development

To build on the skills in Level 2 by providing additional guided practice in deeper water and in swimming longer distances.

Level 5: Stroke Refinement

To further learn how to coordinate and refine strokes to enable swimmers to swim more efficiently for greater distances.

^^^^

Level 6: Personal Water Safety, Fitness, and Diving Basics

- To refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances
 - To teach students how to prevent aquatic emergencies in various aquatic environments.
- To introduce and practice self-rescue techniques