



HOW TO HELP CHILDREN BE SUCCESSFUL IN SWIM LESSONS

Swimming lessons can be so much fun! Here are some things that can be helpful for children to be successful in our lessons:

- Be encouraging and positive when you talk about swim lessons (before, during and after lessons). If you have any fears of swimming or water, please try not to let this become your child's fear.
- Please be ON TIME or early to eliminate disruptions to the class, and so that your child benefits from the entire class and feels calm as they approach the pool.
- Please be sure your child is ready with appropriate swimwear (no street clothes, t-shirts, shorts), and goggles if you have them. Please make goggle adjustments before it's time to get in the pool. If your child isn't comfortable wearing goggles yet, try having them practice wearing them in the bathtub. Use fun toys that sink to the bottom so they can search underwater for them.
- Remain in the facility and on the pool deck in the designated areas during your child's lessons. Children may not be left unattended on the pool deck or in the facility.
- Observe lessons from a distance on the bleachers, benches or along the wall (away from the edge of the pool) after showing your child where to meet for class. Your presence at the edge of the pool is distracting to your child, other students, and can feel intimidating for swim instructors.
- Refrain from calling out to your child. If your child is experiencing difficulties in class, we will try our best to make it work, and will let you know if we need you. If you see that there is a behavior issue with your child, and you want to help, ask the instructor if they'd like you to step in. There is a good chance that they have already talked to your child about a consequence.
- If you see your child sitting out on the edge of the pool while the other children are in the water, that means they have already gotten a warning about an unsafe or distracting behavior. We don't do "time outs" but we sometimes have students sit out until it's their turn, or until they are ready to participate in a safe and cooperative way.
- If you see your child not participating because they are hesitant, nervous or shy, try not to be concerned. Give them a nod, thumbs up or applause from a distance for just staying with their class. Sometimes that is all they're ready for that day. We won't force them to do anything, but we will keep coming back and encouraging them to give each skill a try (even if it's just a tiny step in the right direction). To be successful, we need your child to be comfortable coming back. If they are pushed too much, they won't want to come back.
- Before registering for the next class, be sure you know the appropriate level for your child. If the last day of the *current* session is after the registration date for the *next* session, please check with the class Instructor for their assessment of which class your child should take for the next session).
- Only sign up for one class per session; and be sure it's the appropriate level (ask if you're not sure).
- Have your child use the restroom before getting into the water (swim diapers are required for anyone not fully toilet-trained).
- In general, allow at least 2 hours between your child eating a large meal and swimming. For snacks, 30 minutes-2 hours should be sufficient to allow for digestion. Some children swallow enough water while swimming to cause vomiting; requiring a pool closure.
- Come to Rec swim sessions between lessons for added practice (be sure to stay for some fun time too!)

If you have any questions, please ask the on-deck Senior Guard, or the Class Instructor when they not in the middle of teaching a class.