

Swim Lesson Parent Information

Welcome to Northampton Swim Club! We are very excited about this summer, and look forward to joining you in giving your child the gift of a lifetime – the ability to safely enjoy the water! Our motto is – **Be Smart, Be Safe, Have Fun!**

All of our Instructors are American Red Cross certified Lifeguards. To provide a safe and fun learning environment for your children, please review the following information.

Pre-Registration and payment is required for all Private Swim Lessons and Group Sessions. Be sure to check for PROMO CODES for the best value!

- Group Lesson classes usually meet Monday through Thursday in 2 week sessions, for a total of 8 classes per session.
- Private and Semi-private lessons are scheduled individually.
- In the event of inclement or threatening weather, a decision to cancel classes will be made 30 minutes prior to class start time.
- Check your email or www.northamptonrec.com homepage for Alerts prior to heading to the pool if the weather appears questionable.
- Summer frequently brings thunderstorms which can come up suddenly! Please be aware of our Storm Policy:
 - In the event of **THUNDER**, everyone must clear the pool and deck areas for a period of 30 minutes from the latest occurrence.
 - In the event of **LIGHTNING**, everyone must clear the pool, deck, and grass areas, moving to the upper deck, locker rooms, lobby, or covered porch area for a period of 30 minutes from the latest occurrence.
 - Please cooperate with pool staff who will then move to a safe location to ensure that no one enters the pool, deck or grass area until the established time has passed.
- **NO MAKE-UP CLASSES WILL BE OFFERED.** If a group class is cancelled due to the weather it may be rescheduled to Friday, or a credit will be issued. If a private class is cancelled due to weather, the instructor will contact the parent to re-schedule. **No refunds will be given.**

Following are some suggestions to help you in providing the best swim lesson experience for your child:

Prepare your child. If possible, visit the pool before the beginning of the lesson session, minimally, arrive with extra time prior to the first lessons for your child to become familiar with the surroundings. Explain that they will meet with their instructor at the same place for each class and that they will be learning to swim in a fun, safe place.

What to bring: To help get out the door smoothly, have your child help fill their swim bag the night before swim lessons:

- A Swimsuit – Everyone entering the pool, regardless of age, must wear a swimsuit. Wearing a swimsuit under clothes helps for a speedy transition from home to class.
- Approved Swim Diapers -- Every participant who is not 100% toilet-trained must wear an approved swim diaper – always pack extras to be safe!
- A towel – along with a spare one, just in case!
- A change of clothes
- Goggles (optional)
- A snack/drink for after

Be prompt. Children can get anxious if hurried. Allow plenty of time to arrive at the pool and use the bathroom before class.

- **Follow rules and regulations.** Teach, talk about, and review the pool rules with your child. Lead by example.
- **Encourage safe practices.** All lessons focus on water safety. We ask that you help us by constantly reminding children to walk slowly on the pool deck and only enter the water with the instructor during the class. We understand it may be difficult, specifically for Beginner Level participants, but please also remind your child that they must remain seated on the pool steps or keep their hands on the pool wall as asked, until it is their turn with the instructor!
- **Avoid comparisons.** No two children develop at the same rate. Each child learns at a different pace depending on factors including individual physical development, comfort, practice, and previous experience. Do not compare your child to siblings or other children.

- **Practice patience and provide encouragement.** A good rule is to encourage your child to do everything, but not to force him or her to do anything. Forcing a child will only bring negative results. Remind your child that learning to swim involves lots of practice and encourages them to keep trying.
- **Be positive.** Use a positive attitude when correcting behavior or enforcing rules. Discuss what behavior is expected. Focus on what is being done right before pointing out what the child has done wrong.
- **Give praise.** Recognize your child's efforts, no matter how small the accomplishment is. Rather than simply saying "Good Job," say, "Wow I loved the great big splashes you made with your kicks" or "You were a great listener today by staying seated on the steps."
- **Facilitate practice and review.** Throughout each lesson, our instructors will be talking with the swimmers about what they learned. Please ask your child every day about what they learned during lessons. This will help reinforce the skills and encourage them to enjoy practicing outside of their lessons.

ARRIVING AT THE POOL

You must check in at the front desk for each lesson.

Lessons will be 30 minutes. Be sure to arrive, allowing your child enough time to use the restroom and remove street clothing and shoes before their lesson. It is against Department of Health regulations to change diapers on the pool deck or pool furniture. Diaper changing stations are available in both locker rooms for your use.

Have a seat on the upper deck. Do not allow your child to enter the pool before it is time for their lesson. Instructors will come to collect children prior to each class. Personal items including shoes and towels should remain with the parent/guardian on the upper deck.

If you must bring siblings, please be reminded that only the registered participant is permitted to enter the pool. Parent/guardian will enter the pool with children enrolled in Tiny Tot level classes only.

Adults and siblings are not permitted on the pool deck during swimming lessons. It is distracting for the children. Our instructors are trained to assist in the child's

transition from their parents. If parents have any suggestions to give to instructors to ease the child's transition, that should take place at registration or prior to the beginning of class.

Parents and siblings of swim club members participating in swim lessons can use the pool during their family member's swim lessons; however, they should stay clear of the pool and deck area where the lesson is taking place. Family members with Swim Club Membership may also wait at a table in the member section of the pool grounds.

On the first days of the lesson program, our instructors will be spending more time before class having a "meet and greet" with your children. This will allow them to learn names, make sure swimmers are in the correct classes, review safety skills, share expectations, etc. We always do a much shorter version of the "meet and greet" before every class throughout the session, but the first day of lessons it may take a little longer.

Instructors teaching your child's skill level will be assessing every child on the first day of each session. If we determine that the level is not appropriate for your child's ability, we will adjust their registration and you will be given the specific class level and time as well as the name(s) of the instructor(s) who will be teaching them starting the next day.

Once each class is completed, the instructor will deliver your child back to you. Please do not enter the pool deck. Take the time needed to dry off and feel free to use the restroom/locker room to change before safely exiting the pool complex.

We understand you may want to speak with your child's instructor about how they are progressing. Our instructors will do their best to give you clear and prompt feedback, however they have a very short transition time between their lessons. Please contact the pool manager or leave a message at the reception desk so we can ensure you can speak with the instructor when they have time available.

At the end of the last class of group swim lesson sessions, you will receive an evaluation sheet that will update your child's progress and identify the recommended level for subsequent session(s). Please understand that each child learns at a different rate. Many skills are included in each level. Often children must be enrolled in the same level for multiple sessions before they master these

important skills. If your child is enrolled in a subsequent session of lessons, we will adjust the registration and inform you of the class level and time.

With the evaluation sheet, your child will receive a ***Complimentary full-day Guest Pass*** to “Show off what they learned.” This pass is good for your child for a full day of swimming during any regular operating hours during the current season. Children 14 and under entering the pool complex must be accompanied by an adult or an authorized sitter. An authorized sitter is a pool member or paid guest. The sitter is a responsible, dependable, and capable person 18 years of age or older who is entrusted with the care and behavior of the child, by the child’s parents. If the caregiver is not a Swim Club member, he/she must pay the appropriate guest fee! For Swim Club Members, the Complimentary Guest Pass may be used for a guest.

We hope this information is helpful for you and your child. If you have any questions throughout the season, please do not hesitate to contact us.