

Summer swim lesson expectations

From a parental view

Enthusiasm & guidance will go a long way in helping your child benefit from swim lessons. Prepare your child for the experience by bringing up water safety. Bringing your child to the pool before swim lessons will boost confidence within the student. Remember that you're responsible for your child's actions, not the instructor or lifeguard. Here are some suggestions for parent:

Attend every lesson.

Have patience with your child's progress.

Avoid comparisons - no two children are the same!

Provide encouragement and give praise.

Take an interest in what your child is learning.

Have a positive attitude when setting expectations for lesson.

Tracking your child's progress

Your child's instructor should regularly inform you about the knowledge and skills that have been gained including level of performance, progress made to date, skills to be mastered, and the appropriate level to register for the next set of lessons.

Measures to be taken to limit the spread of COVID-19

Symptom screening - Cancel your lesson if you or your child are exhibiting any signs of illness, or are a close contact.

Basic infection control - If eligible, vaccination is highly recommended.



Holding & Support Techniques

The following techniques will be used by our instructors depending on the skill level of the student.

Hip straddle - Infants & Pre-K.

Chin support - Infants & Pre-K.

Hug position - Pre-K.

Hip support - Toddlers & Pre-K.

These next set of holding & support techniques will be used by our instructors for students

ready to experience front-kick, front-glide, underwater exploration, and drafting.

Shoulder support

Arm stroke position - for students ready to experience both arm & leg movement through water.

Side support - for students ready to experience both arm & leg movement through water.

Cuddle position - Infants & Pre-K.

Hip support (back position) - Good for teaching kicking, back floating glide.

Back support position - Pre-K & Adults (when teaching back float, glide and kick.

Support Devices (Used with with instructor supervision)

Kickboards

Swim-bars

Pool wall

Pool ladder

