

## **IMPORTANT INFORMATION**

**We ask that all parents read the information in this document. Not only will it answer many questions that you may have, but you will be able to tell your children what they will be learning. We believe that this will make them much more enthusiastic about their lessons as well as further ready them to learn.**

## **MEDICAL PROBLEMS**

Inform the swim lessons coordinator of any medical problems of student. Medical history should be available at the pool for students with medical problems.

## **WARNING!!! WARNING!!! WARNING!!! WARNING!!!**

- **A CERTIFICATE FROM ONE OF OUR CLASSES DOES NOT ENSURE AGAINST DROWNING.**
- PANIC IS A MAJOR CAUSE OF DROWNING AND EVEN A GOOD SWIMMER CAN PANIC.
- PARENTS SHOULD AT ALL TIMES WATCH THEIR CHILDREN AT A POOL, EVEN WHEN THERE IS A LIFEGUARD ON DUTY. PARENTS KNOW THEIR CHILDRENS ABILITY LEVEL AND CAN SPOT A PROBLEM MUCH QUICKER THAN A LIFEGUARD.
- **NEVER** ASSUME THAT A CHILD IS SAFE IN A SWIM RING, INNER-TUBE, FLOAT TOY, OR HOLDING ON TO A KICKBOARD. THE CHILD MAY FLOAT INTO WATER OVER THEIR HEAD, LOSE FLOATING SUPPORT AND BE TO FAR AWAY FROM THE WALL.
- **ALWAYS WATCH YOUR CHILDREN IN THE POOL!**

## **OBJECTIVES**

- To provide for the safety of the students.
- Provide a positive and happy experience for the students.
- Teach students to enjoy water safely.
- Teach students to swim proficiently.
- Teach water safety.

- Emphasize self-help (the ability to get oneself out of a dangerous situation by not panicking, by rolling over onto back, floating and calling for help, or by swimming to the side and climbing out).
- Students receive a certificate and skill check list and recommendation from instructor for next class in which to enroll.

## POLICIES

### TRANSFERS

- Transfers to a different class due to the ability to not make the time in which you are scheduled for must be requested at least three days in advance. We must have necessary time to prepare instructor assignments based upon attendance.
- Keep in mind we may not be able to transfer your time. Transfers are made based upon attendance. If there are no openings we may not be able to transfer your time.

### CANCELLED CLASSES

- If class is cancelled due to the weather the decision to cancel will be made 45 minutes prior to the class.
- There are no make-up days or refunds for missed classes.

### ATTENDANCE

- **Please be punctual!**
- If your child is late to class, please walk them to his or her instructor in the pool.
- Please do not bring your children earlier than 5 minutes before class.
- Please try to attend all classes.

### CLASS DISCIPLINE

- We reserve the right to take children out of class when they are verbally or physically abusive to other students or instructors, or if they disrupt the class.

### PARENT PARTICIPATION

- Because children are easily distracted by nearby spectators and activities of others, we ask that parents and visitors sit in the designated area.

### SPECIAL NEEDS

- If your child has special needs, please indicate the special needs on the registration form. This information will help us plan and provide a rewarding swimming experience for all children.
- We must have adequate time to prepare and plan for ways to meet the special needs.

- Without prior notification of special needs, we may not be prepared and may not be able to help with the special needs requested.

## CLASS ENROLLMENT

- In the parent and child class if only one child attends the class will go to a 20 minute private lesson, all other levels if only one child attends the class, the class will go to a 30 minute private lesson.

## HEALTH AND HYGIENE

- Please have your child go to the bathroom and blow their nose before class.
- Please refrain from feeding the children right before the lesson. Please feed them at least one hour before the class. This will allow ample time for digestion and should eliminate most cases of vomit in the pool.
- Please do not bring your child to class if he or she is sick.
- Swim diapers are required for all children who are not toilet trained.
- Please do not allow children with active diarrhea or who are recovering from diarrhea to go into the pool.
- Infection may occur when individuals are exposed to water contaminated with fecal matter.
- Any students with open wounds, lesions, contagious rashes, etc. will not be allowed in the water.
- Bring goggles for your child so that eye irritation does not occur.

## LAP POOL RULES

1. No entry into pool unless a Lifeguard is on duty.
2. A **child MUST be 11 years** of age to come to a pool facility alone AND have the ability to swim across the pool. Children 5 years of age and under must be accompanied and kept within arm reach of an adult. Children 6 – 10 years of age must be able to pass a swim test or wear a lifejacket to have an adult on the deck.
3. A patron may be asked to take a swim test if the Lifeguard or Pool Supervisor feels it necessary.
4. The following items are **not** allowed in the pool area:
  - Tobacco Products, Gum, Food and Beverages (except water)
  - Scuba equipment
  - GLASS containers
  - Animals – unless required for assistance
  - Arm Floats, Blow Up or Foam Floatation Devices, outside facility Toys of any type
  - DIAPERS are not to be worn in any pool – WATER DIAPERS ONLY

- Band-Aids or the equivalent of are not allowed in any pool
  - Thong bathing suits or cut-off jeans (Proper bathing attire must be worn. Discretion is up to the Aquatics personnel)
5. The following are **prohibited** in the pool area:
    - Diving, Running or Profanity
    - Mishandling or abuse to aquatic equipment; Hanging on lane ropes
    - Horseplay; throwing or sitting bathers from/on shoulders or knees
    - Public display of affection
    - **SMOKING**, Intoxication from drugs or alcohol
    - Infectious or communicable diseases
  6. Do not leave valuables unattended. Eagle Pointe is not responsible for lost or stolen items.
  7. For the health and enjoyment of all swimmers, use restrooms as needed.
  8. Slide and Pool floats are used for Swim Lessons and Birthday Parties only.
  9. **If THUNDER or LIGHTNING** is heard or sighted AND it presents a danger to the public, the pool will close for 20 minutes. The pool will reopen twenty minutes after the last thunder is heard OR lightning is sighted.

## **FREQUENTLY ASKED QUESTIONS**

**Q.** What to Bring?

**A.** Towel, Swimsuit, Goggles (we have some to borrow), Rash guard (optional but can help if your child gets cold, a tight fitting shirt will work the same), Swim Cap (optional but can help with keeping hair out of face).

**Q.** What causes fear of water?

**A.**

- Being raised by parents or caretakers who are afraid of the water and knowingly or unknowingly communicated this fear to their children.
  - Being raised in an environment that prevents childhood water play, whether as a result of lack of opportunity or parental actions.
  - Being forced into water activities beyond the ability or comfort level.
  - Being carelessly handled in water experiences.
  - Being involved in or witnessing a traumatic water accident.
  - Having a fear of the unknown or a fear of new experiences.

**Q.** What helps prevent fear of water?

**A.**

- Provide enjoyable nonthreatening water activities that are simple and fun to help build confidence and success.
  - Arrange for regular, continued contact with a water environment for your child.
  - Treat water mishaps sympathetically, but do not alarm your child.
  - Be aware of your facial expressions and choice of words so that you do not signal panic or fear.
  - Lead by example. Follow rules and enjoy the water with your child. Get your face wet and perform some of the simple and fun activities of the program.

**Q.** What if my child already has a fear of water?

**A.** • Provide plenty of time for your child to adjust to new settings.

- Concentrate on activities with which your child is comfortable and ready.
- Expose your child to other children who are having fun.
- Enjoy the water yourself with your child.

**Q.** How many lessons is it going to take for my child to “swim”?

**A.** Children vary widely when it comes to learning a skill. In general, each child’s readiness is influenced by physical development, previous experiences, home environment, parental attitudes and individual preferences. For most skills, there are prerequisites, activities, and lead-ups that can prepare the child to perform these skills. For example, before children are ready to put their entire face in the water, they may need to practice blowing bubbles, washing their face, or splashing and putting part of their face in the water. Learning to swim can take a long amount of time. You have to be patient.

**Q.** What if my child cannot keep up with the class?

**A.** The progress of your child is not compared with that of any other child. Children have different experiences and backgrounds as well as different learning rates; children acquire skills at different times. The instructor can adapt and adjust the level of difficulty to the individual child.

**Q.** How many levels should my child complete?

**A.** Your child should complete all of the levels offered to develop full swimming competency. It may take several sessions for a child to complete all of the levels.

**Q.** Will my child become “drownproof” after participating in swim lessons?

**A.** Participating in any swim lesson program does not “drownproof” your child. It is only the first step in developing your child’s water safety and swimming skills.

**THANK YOU!!!**

\*\*\*\*\*Eagle Pointe Recreation Complex would like to thank you for choosing to enroll in our swimming programs. Our staff is dedicated to providing a safe and enjoyable learning experience. If you ever have any questions or concerns please feel free to talk to our swimming program coordinator. Thank you. \*\*\*\*\*