



Swim Lessons Informational Sheet

No Tears, No Fear, Safety First!

We are so excited you have joined our swim lessons for a fun, safe experience. Our main areas of focus are:

1. Building the foundation
2. Teaching with care in a safe, positive environment
3. Structured lessons
4. 5 Goal approach
5. Building on each level with age/skill appropriate fundamentals

Policies and procedures:

- Our lesson times will be staggered. Please make sure to arrive no more than 5 minutes before class time.
- Do NOT allow your children near or in the water before their lesson. They must wait until their instructor is ready to begin.
- Remove all street shoes before entering the pool deck, this includes parent/guardian
- Please read posted rules and review them with your child.
- Swim diapers MUST be worn at all times if your child is not potty trained.

What to expect on your first day:

- You do NOT need to check in with the office unless you have any questions or need to make payment

During your child's lessons:

- Ask questions, but please wait until the end of the lesson. Your instructor will have time to speak with each parent at the end of every lesson if need be.
- Please have patience with your child and their instructor. All children learn at different rates and it is quite common to have children of different ages in certain classes.
- Encourage your child through the entire lesson and make sure to stay positive.
- Come to our open swims to practice and review with your child.

Goals and Evaluation:

- Each level has 5 goals that your child must complete in order to move to the next level. Each set of goals will be provided at the first session.
- Your child's instructor will let you know two weeks before class's conclusion whether or not your child should move onto the next level.
- If you have any questions or concerns regarding your child please speak with your instructor first.

Safety:

- Safety is our number one priority! We will be incorporating our safety skills throughout the entire lesson.
- We will utilize Coast Guard certified life jackets and other safety equipment and techniques over the duration of the program.
- Repetition is critical for developing safe swimming techniques
- No running on the pool deck

Make-Up Policy:

- If classes are canceled for reasons beyond our control (i.e. pool contamination, closed for inclement weather, etc.) we will do our best to reschedule but can not guarantee a make-up day.
- If your child misses class due to illness/injury, vacation, or other, you may request a make-up session with your child's instructor.
- You are only allowed one make-up session per child per session.

Locker Room Etiquette:

- Keep your children with you at all times.
- No personal items (towels, bathing suits, clothing of any kind, etc) may be left in the locker room after swim lessons.
- Please shower before entering the pool deck

Discipline Policy: Three Strike Policy

- Your child will be asked to sit safely on the side of the pool for a time to be determined individually.
- Your child will be removed for the remainder of the lesson and released to the parent/guardian.
 - A follow up decision will be made by the instructor and aquatic manager if the child may return to the next scheduled lesson. You will be notified via email or phone.

- If your student is removed from class a second time they will not be able to attend the remainder of the session.
- There will be no make-ups or refunds for any disciplinary action. It will be determined by the instructor and aquatic manager whether or not that child will be allowed back into the program for future lessons.

Lifeguard on Duty:

While we will always have a lifeguard on duty please remember a few of the following:

- The lifeguard is the person responsible for everyone's safety in and out of the water. Please make sure you and your child follow all of the rules of the lifeguard and our center.
- Please try to refrain from asking the lifeguard any questions that do not pertain to water and safety.
- One long whistle blow means the pool should be cleared immediately. The lifeguards and instructors will assist you in the event this should happen.
- One short whistle blow means the lifeguard is trying to get the attention of someone in the pool or on deck.
- Two quick whistle blows mean one lifeguard is trying to get the attention of a lifeguard in a different zone.
- Once in a while our staff may be doing lifeguard training during swim lessons. There will be one lifeguard who is monitoring the safety of everyone and our other lifeguards will be doing drills to ensure they are practicing their skills.

We hope that you enjoy your time and with any further questions please contact us at aquatics@howellschools.com.

Thank you!

Highlander Aquatic and Fitness Center Team