

Parent's Handbook for Swim Lessons



**Lynchburg Parks &
Recreation Department
Miller Park Pool**

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Congratulations on your decision to enroll your child(ren) in swim classes at Miller Park Pool this summer. Lessons are designed to help teach children to be safe around water and give them some basic swimming skills that may help them and others around them survive. Continued practice, encouragement, and regular exposure to water are crucial to the development of your child's comfort level in the water and to the improvement of their skills. We look forward to working with your child this summer & hope that they enjoy their aquatics experiences with us.

Frequently Asked Questions



Which class level should my child be in?

Children between the ages of 18 months & 5 years should be enrolled in an age appropriate class. Children age 6 & up should be enrolled in the class, for which they meet the designated prerequisites (levels 1-6).

What are the prerequisites for each class?

There are generally two requirements that must be met. First your child must be the appropriate age for the class. Second, they must have taken & passed the previous level OR be able to demonstrate the skills taught in the previous level.

What are the descriptions of each level?

Parent & Child: Class Instructor will lead the parents as they help their child (age 18 months to 3 years) become comfortable in and around the water, begin water exploration, & help develop skills necessary for swimming readiness.

Pre-School 1: This class is for 3-5 year olds, will help your child become oriented with the aquatic environment & helps them acquire rudimentary levels of basic aquatic skills.

Pre-School 2: Designed for 3-5 year olds who can submerge their mouth & blow bubbles for 3 seconds, can glide on their front & back for 2 body lengths, & can float on their front & back for 3 seconds. All Skills can be done with support.

Level 2 - Shallow Water: A class for younger Level 2 students who are more comfortable in shallower water. Designed for 4-7 year olds who can fully submerge their face & float on both their front & back with support.

Level 2: Fundamental Aquatic Skills – For the child who can fully submerge their face and can float on their front and back with support.

Pre-School 3 & Level 2: A combined class of Pre-school Level 3 students & younger Level 2 students who are more comfortable in shallower water. Designed for 4-7 year olds who can fully submerge their face, glide on their front & back at least 2 body lengths, float on both their front & back (can be done with assistance) for at least 5 seconds. Participants must also be able to swim using combined arm & leg action for 3 body lengths, then float for 5 seconds, then resume swimming on their backs for an additional 3 body lengths.

Class Descriptions Continued...

Level 2 Advanced: Fundamental Aquatic Skills – For the child who can float unsupported on their front & back, & can perform front & back glides without support.

Level 3: Stroke Development – For the child who can float unsupported on their front & back, can swim 5 body lengths, and is comfortable in deep water.

Level 3 Advanced: Stroke Development – For the child who can float unsupported on their front & back, can swim both front crawl & elementary backstroke 5 body lengths, and is comfortable with deep water.

Level 4: Stroke Improvement – For the child who can swim both front crawl & elementary backstroke for 15 yards & can tread water for at least 30 seconds. This level develops the swimmers confidence in the skills learned and improves other aquatic skills.

Level 5 & 6: Stroke Refinement, Swimming, & Skill Proficiency- For the child who can swim front crawl, elementary backstroke, breaststroke, & sidestroke. Swimmers refine strokes to swim with ease, efficiency, & power over greater distances.

- NOTE: Level 6 prepares students to participate in advanced water safety courses.

Adults: Class sizes are limited for individual attention. Swimmers of all levels are welcome to join this class.

The prerequisite for each level is the successful demonstration of the skills from the preceding level, except for level 1 which has no prerequisite.

Will my child be “drown proof” after taking lessons?

No swim program or amount of lessons can truly guarantee or promise that your child will be “drown proof”. Lessons are designed to help teach children to be safe around water and give them some basic swimming skills that may help them survive. Continued practice, encouragement, and regular exposure to water are crucial to the development of your child’s comfort level in the water and to the improvement of their skills.

When are the sessions?

We try to hold (3) sessions each summer; one the last two weeks in June, one beginning the second week in July, & one at the end of July into early August.



How many classes are in a session?

Each session consists of (8) classes.

When do classes meet?

Most classes are scheduled for a two week period, and run Monday – Thursday. Fridays are typically reserved to make-up classes that were cancelled due to inclement weather during the week.

How long is each class?

Individual classes are between 30 and 45 minutes in length. The exact length of each class is dependent upon the age level of the participants & which level class is being taught.



What time(s) are classes held?

Classes are generally held in the mornings, with different skill levels being offered at different times. We also offer a few select classes in the evenings during July.



Who is teaching my child's class?



**American
Red Cross**

All of our teachers are certified American Red Cross Water Safety Instructors and seasonal employees at Miller Park Pool. Prior to employment with the City of Lynchburg, all prospective employees must pass a thorough background check.

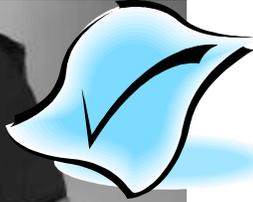
What does my child need to bring to class?

Your child may require several items for class. First your child will need to bring or wear proper swim attire*. They will also need a towel and sunscreen. If your child wears his or her bathing suit to lessons, they will need clothes (including undergarments) to change into after lessons. Optional items may include: swim goggles and ear plugs or ear bands.

** Proper swim attire means an actual swim suit or swim trunks. If your child is not yet toilet trained, they must wear either a swim diaper or rubber pants under their swim suit. If your child needs to wear a T-shirt in the pool, it must be a plain white shirt. Prohibited attire includes, but is not limited to: colored T-shirts, cut-off jeans, mesh or athletic shorts, and boxer shorts or other undergarments.*



Can my child use a floatation device while swimming?



The only “floatation device” we permit children to wear are US Coast Guard Certified Life Jackets.

YES



Because your child’s safety is important to us, all other floatation devices are prohibited. Prohibited items include, but are not limited to: Inflatable devices such as inner tubes, infant/ child seats, “water wings” or “swimmies”, & ride-on toys. Foam devices such as noodles, bodysuits with built-in or insert-able floating pads, & strap on floats.



What is expected of me & my child?

- Please make sure that your child is at the pool, properly dressed, and ready to begin their lesson on time.
- Your child should listen to his or her instructor.
- Children should refrain from yelling, hitting, or fighting with anyone else.
- Parents should urge their children to try their best & should encourage them to practice their skills.

Will my child quickly advance through the various swim levels?

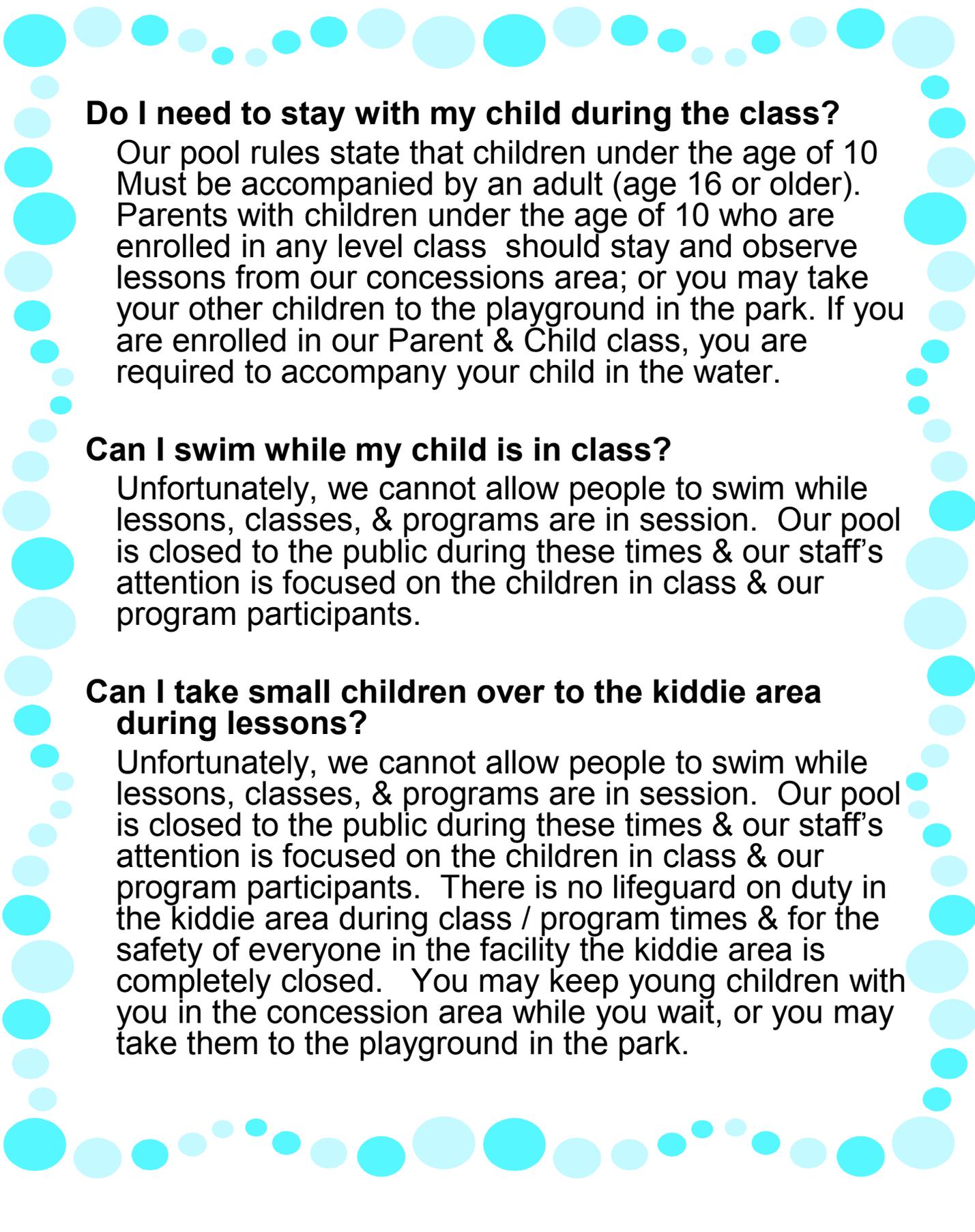
Everyone learns at a different rate. Some people may advance quickly through the classes, while other people might need to repeat a particular class several times before they are comfortable and or able to successfully complete the required skills needed to advance on to the next level.

What can I do to help my child advance through the various swim levels?

No matter what level your child is, there is always room for improvement. Practice will help your child to improve both their skill & confidence level. Even if you can't get your child to the pool for practice, they can practice at home in front of a mirror & even in the bathtub.

When can my child practice at the pool?

The pool is open to the public Monday – Saturday from Noon until 6:00 pm and on Sundays from 1:00 to 5:00 pm. Admission is \$3.00 for adults (age 16 & up) & \$2.00 for children (ages 3-15).



Do I need to stay with my child during the class?

Our pool rules state that children under the age of 10 must be accompanied by an adult (age 16 or older). Parents with children under the age of 10 who are enrolled in any level class should stay and observe lessons from our concessions area; or you may take your other children to the playground in the park. If you are enrolled in our Parent & Child class, you are required to accompany your child in the water.

Can I swim while my child is in class?

Unfortunately, we cannot allow people to swim while lessons, classes, & programs are in session. Our pool is closed to the public during these times & our staff's attention is focused on the children in class & our program participants.

Can I take small children over to the kiddie area during lessons?

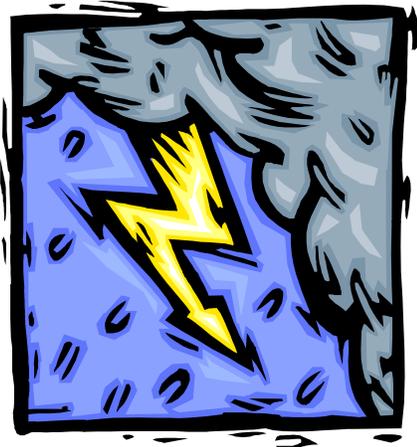
Unfortunately, we cannot allow people to swim while lessons, classes, & programs are in session. Our pool is closed to the public during these times & our staff's attention is focused on the children in class & our program participants. There is no lifeguard on duty in the kiddie area during class / program times & for the safety of everyone in the facility the kiddie area is completely closed. You may keep young children with you in the concession area while you wait, or you may take them to the playground in the park.

Does my child still have class if it is raining?

If we are only experiencing misting or light rain at the pool, lessons will be held. A bit of rain will not harm your child, in fact it will be like taking a bath with the shower on.



What happens if there is thunder and or lightning?



Thunder and or lightning present an unsafe environment both in & around the water. When we experience either thunder & or lightning in the general area of the park, we are forced to close the pool for safety reasons. We will attempt to make up lessons that are missed due to inclement weather on that Friday.

How can I find out if classes are cancelled before I leave my home & arrive at the pool?

If you are unsure of what the weather is doing at Miller Park Pool; or if you want to verify that your lesson is cancelled you can call (434) 847-1759.



Call us!

What happens if a class is cancelled due to inclement weather?

If a class is cancelled due to inclement weather, we will attempt to make up the lesson on that Friday. We try to guarantee that each group will meet a minimum of (6) times per session.

Rainouts are made-up on Friday

Pool Phone (434) 847-1759

Child's Name _____

Instructor _____

Class Level _____

NOTES:



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