

SWIM LESSON PARENT HANDBOOK

We've put this booklet together with you in mind. Inside you'll find information about lessons, what happens when we have bad weather, and a host of other things you may have a question about. If we didn't answer your question, please feel free to speak to any of our Aquatic Team Members.



CONTACT INFORMATION:

- *Registration & Administration:*
PARD Office 512-218-5540
- *Summer Lesson Location:*
Lake Creek Pool 512-218-7020
- *Fall / Winter / Spring Lesson Location:*
CMRC Front Desk 512-218-3220



**BE COOL,
FOLLOW
THE POOL
RULES!**



ROUND ROCK TEXAS
PARKS AND RECREATION

ROUNDROCKTEXAS.GOV/SWIMLESSONS

HOW TO HELP YOUR CHILD HAVE A SUCCESSFUL SWIMMING EXPERIENCE:

1. Attend class every day.
2. Check -in with the Aquatics lead on the pool deck to be directed to the proper class.
3. Be on time to class, if not always escort your child to the instructor
4. Parents/Guardians must stay in designated spectator areas, unless participating in the class.
5. Take children to the pool during public swim hours to introduce them to the area and let them practice skills taught in class. (It usually takes more than one session of classes for children to master all of the skills taught and advance to the next level).
6. If you see a problem, have a concern, compliment, or complaint, please see an Aquatics Team Member and let them know right away.
7. Swimming should be FUN! Compliment and reward your participant daily.

PARENT TIPS:

Classes are designed to give your child a positive learning experience, as well as to teach water safety and swimming skills. All children do not learn at the same rate. It may take more than one session for your child to master the skills within their swimming level. With this in mind, parents play an important role in guiding, motivating, and working with their child during this experience in order to enhance learning.

- Understand that children develop swimming skills at different rates.
- It may be beneficial to bring an extra towel for students enrolled in Parent & Child classes as swim diapers tend to retain a large amount of water.
- Having a water bottle available for your child is encouraged to ensure hydration in the TX heat.
- Pack a snack and drink for your child since they are often hungry and/or thirsty after a lesson.
- Apply sunscreen with a SPF factor of 15 or higher at least 30 minutes prior to your lesson.
- Arrive at least 5 minutes prior to your scheduled lesson so that you and your child can get acquainted with the facility.
- Bring your registration receipt to help ensure you are attending the correct class.
- Be enthusiastic and support your child by praising their efforts in the pool.
- Provide additional practice time with your child at home or during public swim to increase their comfort level and confidence in the water. (Simple things like blowing bubbles in the bathtub can help reinforce concepts for younger participants)
- We recommend postponing using goggles with your child until they are comfortable placing their face underwater. If goggles are used, please assist your child in adjusting them before their lessons. No nose pieces as they prevent teaching proper breathing techniques.
- Water shoes are great for water play and walking on pool decks, but they hinder development of an effective flutter kick. During lessons, we recommend water shoes stay with your child's towel.

EVALUATION OF SKILLS:

Evaluations are performed on the last day of the session. Most children require more than one session in a particular level before advancing to the next level. Endurance, coordination, and being comfortable in the water contribute to the students progress.

For those who register their swimmers for more than one session at a time, please check with the Instructor at the conclusion of each session to confirm that we have your swimmer placed in the correct class level for their next session. Remember that learning to swim is the goal. Remaining in one level for more than one session does not mean that the child has not improved.

HEALTH & HYGIENE:

- Students with open wounds, lesions, contagious rashes, etc. will not be allowed to swim.
- Swim Diapers are required for all children who are not toilet trained. Swim Diapers are disposable, one-time use, and made specifically for swimming.
- To prevent pool contamination, do not change diapers/ clothes on the pool deck or pool chairs.
- Do not allow children with active diarrhea to go into the pool. An illness accompanied by diarrhea will require a two-week waiting period after the child is well.

CLASS DISCIPLINE:

- We reserve the right to take children out of classes when they are physically or verbally abusive to other participants or instructors, or if they are disruptive during the class.
- PARENTS WILL BE PERMITTED IN THE POOL AREA, BUT MUST REMAIN IN DESIGNATED LOCATIONS.
- Participants are easily distracted by nearby spectators and activities of others. The spectator space is a quiet waiting area. **Any spectators that are unruly, loud, or in any way distracting to classes will be asked to wait outside the pool area for the remainder of the class sessions.**

Our goal is to teach your children to swim in a safe environment. Our experience has been that we do a better job when we have the cooperation of parents and visitors helping eliminate excess activity in the pool area by waiting in the designated spectator areas in a non-obtrusive manor.

INFORMATION TO NOTE:

Participation in any swim class does not ensure against drowning.

- Panic is the major cause of drowning. Even a good swimmer can panic.
- Watch your children at all times near any body of water: a pool, wading pool, and even with a lifeguard on duty. Active supervision from a guardian is the first line of defense in preventing water emergencies
- Never assume a child is safe in a swim ring, inner tube, or float toy or while holding onto a kickboard. They could float into deep water, lose floating support & find themselves too far from the side of the pool.

We encourage all parents/guardians to take the American Red Cross's FREE online class:

[Water Safety for Parents and Caregivers](#) →



CLASS OBJECTIVES:

- Provide for the safety of the students.
- Facilitate a positive, happy experience for students.
- Teach students to enjoy the water, how to swim, and water safety.
- Emphasize self-help – the ability to get oneself out of a dangerous situation by not panicking, by rolling over onto the back, floating and calling for help, or by swimming to side and calling for help or getting out.

INCLEMENT WEATHER:

We take our community's safety very seriously. If we hear it, we clear it! At the sign of dangerous weather, thunder, or lightning, the pool will be cleared and remain closed until thirty (30) minutes past the last heard or seen threat. Instructors will cover safety portions of the course in the event there is remaining class time and lessons can continue on the pool deck.

CANCELLED CLASSES:

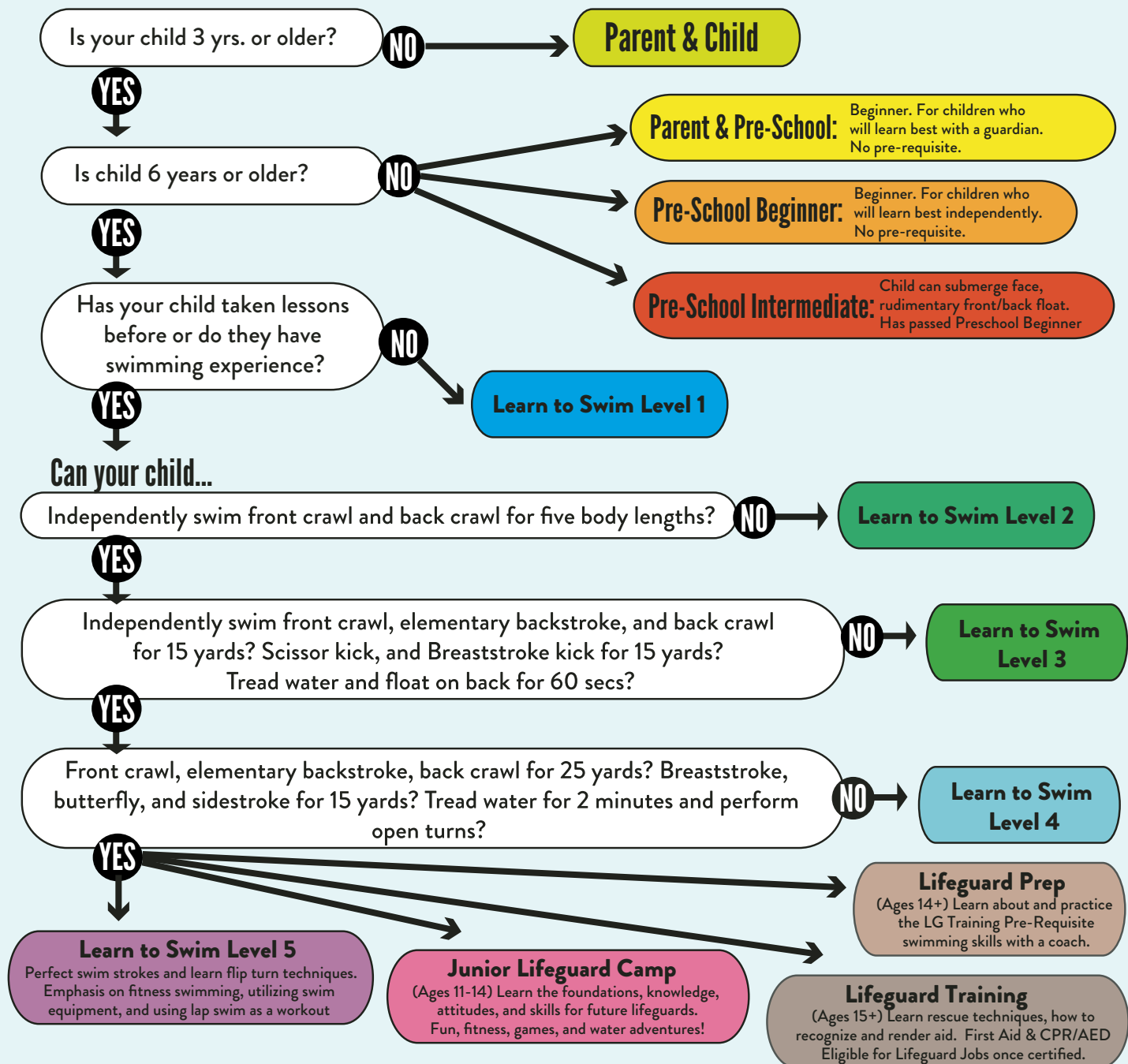
- If classes are canceled due to inclement weather, or unexpected situations affecting health/safety, participants will be contacted via the information listed on their Recreation Account.
- A minimum # of lessons per session will be provided to participants for all group classes: Summer 2 week sessions = a minimum of 7 lessons, Fall/Winter/Spring = a minimum of 3 lessons.
- Make-up lessons will be scheduled for group classes when more than one day of class has been canceled.
- Specifics of any make-up sessions will be provided by your child's instructor.
- Your onsite instructor will have the most up to date information in regards to your circumstance.
- When a class takes place as scheduled and a participant misses that class, there will not be a make-up, credit, or refund offered.

REFUNDS:

When withdrawing from a registered program, if the request is made within 14 days of the first class, customers will receive credit on their account towards a future city program. If the withdraw is more than 14 days prior to the program, customers may receive credit on their account or request a cash refund minus \$25 administrative fees. There will be no refunds when a class is offered

YOUR FEEDBACK IS IMPORTANT TO US. BE SURE TO COMPLETE A CLASS SURVEY AT THE END OF YOUR SESSION!

CHOOSING THE RIGHT SWIM LESSON LEVEL



Private Swim Lessons
 All swim lesson levels are available as private lessons.
 1 on 1 instruction and personalized goals. (Ages 2-Adult)

Adult Learn to Swim
 (Ages 13-99) Teaches basic swimming techniques with a progression to improve skills and swimming strokes.