

## **What is a good age for kids to begin swimming lessons?**

6 months old is often a good age to begin teaching kids how to swim. As we continue to work with babies, we see them learning water-safe skills and they are very well prepared for classes without a parent by the time they are 3.

## **Do you offer swimming lessons for infants and babies?**

Yes! We offer infant and toddler classes. The classes are held with a parent/guardian in the water in a class – supervised by an instructor. Days and times vary based on demand and ability level requests.

## **Can parents stay and watch kid's swimming lessons?**

Absolutely! Parents are welcome to be in the pool area to watch. You are then handy to:

- Assist your swimmer if they need to go to the restroom or if they would have an accident.
- Be extra eyes watching the water.
- Applaud new skills achieved. Your applause means so much to them.

However, it is never appropriate for a parent to become overly involved in the lesson or to try to instruct. That's what you've hired us for, after all! We know that having you close by gives your children a sense of security. Sometimes for the very young, timid swimmer we will have the parent come and sit by the edge of the pool with the child near them. The child can watch the teacher interact with the other students and see that this is a safe place. They will quickly join in. Occasionally we will ask a parent to leave the room if the child refuses to cooperate. This is usually due to a strong will and only done when nothing else works. 99% of the time, the child will cooperate when they realize that they cannot control the situation! The parent then comes back into the swim area and the child has fun with their class!

## **How long will it take for my child to learn how to swim?**

Every swimmer learns at a different rate. It will depend on:

- The level of fear
- The ability to trust the instructor
- The child's individual personality. Some people have a cautious personality and others jump into everything without a thought!
- The amount of time the family goes swimming together.
- The way the body and coordination have matured. Some can just get it and others need to practice over and over and over again.

Our advice is to be patient with your swimmer and offer lots of praise and encouragement.

## **When is my swimmer considered to be water safe?**

Parents are often satisfied once their swimmer can jump off of a diving board and get to the ladder. People need more developed skills than that, however. There are so many dangerous water scenarios and a person needs to be able to swim using their head while conserving energy. This only comes as they are able to swim with good, controlled technique. The technique and endurance built through a good swimming instruction program will accomplish this.

## **How do I know what level to sign up for?**

Each level will have a description. You find the one that best fits what your swimmer is able to do. And if you have questions, just ask us – we'll be glad to help you assess where your child is at. Additionally, if your child has taken swimming lessons somewhere else, let us know what levels they have achieved.

## **What level do I sign up for if I am registering for multiple sessions?**

This can be tricky... Some of it depends on the personality of the swimmer, the number of times per week that you are bringing them to lessons, and the age and physical maturation of the swimmer. Don't worry though – we can always make adjustments if your swimmer does not progress as you guessed. We will never hold a swimmer back from learning new skills. Sometimes we can adequately challenge them right in the level in which they are placed.

## **What is your swimming lesson make-up policy?**

Make-up lessons will not be allowed unless classes are cancelled due to pool breakdown or weather cancellation. We will try to accommodate make-ups for illness as the schedule allows.

## **What if I have concerns about the way the lessons are going?**

We understand that you're extremely interested in your child's success with swimming lessons. We are too! Should you ever have concerns, please address those concerns with us immediately. We can help! In general, this can help, too:

- **FIRST:** Give us 2 lessons to fall into a routine and get the group used to working together. During this time we will evaluate each swimmer making sure that they are in the correct placement. Sometimes we will need to move a student. Most times we will be able to accommodate the needs of each swimmer even though they may be in slightly different levels.
- **SECOND:** Communicate directly with your swimmer's instructor. Address them as you would want to be addressed. The Sandwich Theory: Say something positive. Voice the concern. Say something positive.
- **THIRD:** If you are not satisfied with the results, speak with the lesson supervisor. They may be able to offer support that will help your swimmer.

## What kinds of supplies or equipment are used in swim lessons? What is required?

Of course, you'll want to be sure your swimmer has a well-fitted swimsuit and a towel, along with anything you typically bring along for swimming. Here are some specific notes on other items:

- **Goggles**  
We use goggles for several reasons. Swimmers are able to open their eyes and see. They are not learning "blind". They are able to focus on the skills and not have water dripping in their eyes.
- **Ear Plugs**  
If you don't have an ear mold, a putty plug is available at a pharmacy. To help them stay in, you can purchase a headband or a swim cap at a swim shop or sporting goods store. Some swimmers are just sensitive to water going in the ears, especially during skills done on the back. Ear plugs will often help with that.
- **Swim Shirts**  
(Often called rash guards) I recommend these if your swimmer is easily chilled. Parents have found them at sporting goods stores, and online at [www.swimoutlet.com](http://www.swimoutlet.com).
- **Nose Plugs**  
We prefer to teach swimmer how to keep the water out of their nose without the use of these. With a few tips, it is easy to do. In some instances swimmers will wear nose plugs.