



The Complete Swim Lessons Guide

for Parents and Participants

Welcome to the

Wade King Student Recreation Center Pool

It is my pleasure to welcome you to the Wade King Student Recreation Center (SRC), home to Western Washington University's (WWU) Campus Recreation Department. Our mission in Campus Recreation is to empower the community to achieve and maintain a balanced and healthy lifestyle; demonstrate social responsibility, accountability, and integrity; and develop leadership abilities by providing the highest quality recreational and co-curricular programs and services in a state of the art, environmentally sustainable and LEED Certified facility.

In congruence with our mission, the aquatics staff work towards developing their accountability, integrity, and leadership abilities by providing a safe, fun, and inviting learning environment for all swim program participants. Our swim lessons program is guided by current American Red Cross standards which focus on creating life-long aquatic habits including water safety and swimming skills. With a maximum ratio of 5:1 participants to instructor our experienced swim instructors can spend more time with each participant, creating a more individualized learning experience.

Acting as a liaison for our swim program, our Swim Lessons Coordinator is available during lessons to help guide the swim program and ensure swim lessons run smoothly. Please don't hesitate to ask the Swim Lessons Coordinator if you have any questions. Additionally, I encourage you to connect with your swim instructor to make the most of your experience. Your experience here at the SRC is very important to me so please do not hesitate to contact me with feedback.

Sincerely,



Diana Sundermeyer
Aquatics/Youth Program Advisor
Wade King Student Recreation Center

In this guide you will find:

Group Swim Lessons Overview.....	3
Private Swim Lessons Overview.....	4
Wade King Student Recreation Center Policies.....	6
Pool and Spa Rules.....	7
Swim Level Descriptions.....	8
Frequently Asked Questions	9

REGISTRATION

Pick up a **registration form** at the Student Recreation Center (SRC) front desk or print from our website. Return the completed registration form with **payment** to the SRC prior to the first day of swim lessons.

FIRST DAY OF LESSONS

On the first day of lessons the Swim Lessons Coordinator will meet you in the lobby of the SRC to escort you back to the pool. The Swim Lessons Coordinator will let you know who your swim instructor will be for the session you have signed up for, where to wait until lessons begin, places to sit and watch lessons, and will answer any questions you may have.

WHAT TO BRING TO LESSONS

Swimsuit: All swimmers must wear appropriate swim attire when in the pool. If your participant is not yet potty-trained, please be sure to have them wear a swim diaper (specifically designed for use in pools).

Towel: Towels are not provided for swim lesson participants, however, if you have an active SRC membership you are eligible for all member benefits including use of SRC towels.

Goggles: Beginning levels are not advised (and often not permitted) to use goggles because of the value placed on the safety of being comfortable opening one's eyes under water. As swim skills increase, the use of goggles will be encouraged to aid the participant in learning the skills.

Positive attitude: The learning process can be rewarding but frustrating at times, but with patience and a positive attitude you and your participant can get the most out of swim lessons and be on your way to increasing your enjoyment in the water.

THE SWIM LESSONS COORDINATOR AND YOUR SWIM INSTRUCTOR

On each day of swim lessons, the Swim Lesson Coordinator will meet you in the lobby of the SRC up to 15 minutes prior to the start of lessons to escort you and your participant back to the pool. Please wait for the Swim Lesson Coordinator to avoid confusion and to help our facility run smoothly. If you are running late please check in with the Front Desk Attendant.

DURING LESSONS

We encourage you to sit on the blue benches that are spread out around the pool deck to watch your participant. Even better, we encourage you to watch the skills your participant is learning and to practice them together outside of formal lessons. While we encourage parents/guardians to engage in the learning process with their participant outside of lesson time, please refrain from approaching your participant while they are in the water with their instructor. It can disrupt your participant's concentration, the concentration of other participants, and keep the instructor from being able to accomplish all lesson goals.

AFTER LESSONS

When lessons end each swim instructor will dismiss their participants. Please feel free to address any questions you may have with your participant's swim instructor at this time.

LAST DAY OF LESSONS

On the last day of a swim lessons session, group lessons participants will receive an Achievement Card from their swim instructor. This card indicates the skills they have completed and whether they will be continuing on in the same level or have passed to the next level. The Achievement Card can be useful when registering for another session at the SRC Pool, or if you choose to go to a different pool, this card will help identify what swim level your participant should enter in a new swim lessons program.

SCHEDULING and REGISTRATION

To request a private lesson you can email the swim lesson coordinator at swim.lessons@wwu.edu with the name, age, and level of the participants, as well as the days and times they are available for lessons. The Swim Lessons Coordinator will then find an instructor whose schedule works with the requested lesson and level. The Swim Lessons Coordinator will contact you when they have found an instructor for your participant.

FIRST DAY OF PRIVATE LESSONS

On the first day of your private lessons your swim instructor will meet you at the front desk ten minutes prior to the start of your private lesson, escort you back to the pool, and provide you with a Private Swim Lesson Participant Packet. After your lessons you are free to leave on your own (no escort required).

LAST DAY OF PRIVATE LESSONS EACH QUARTER

The last day of private lessons each quarter is based on a mutual agreement between you and your swim instructor. Please confirm the last day with your private swim lesson instructor in advance. When deciding on your last day of private lessons for the quarter, please keep in mind that all swim instructors are student employees and may not be available for private lessons during WWU's finals week.

Private swim lesson participants do not receive a report card at the end of the quarter unless the goal of private lessons is to complete a skill level. In this case, participants may request a report card prior to the last day of lessons.

CANCELATIONS

If you have the appropriate contact information you may inform your instructor of any cancellations. If you have not exchanged contact information with your instructor, email the Swim Lessons Coordinator at swim.lessons@wwu.edu or call 650-4094 and leave a detailed message and your instructor will be contacted.

RESCHEDULING PRIVATE SWIM LESSONS

If you must re-schedule a private swim lesson for a time other than your regularly scheduled time, your swim instructor must first confirm the new day/time with the Swim Lessons Coordinator to assure they is not a conflict with regularly scheduled pool activities.

CONTINUING PRIVATE LESSONS

If you plan to continue private lessons during WWU intersession, or the following quarter with your same instructor, there is no need to re-submit a request to the Swim Lessons Coordinator. Your swim instructor will confirm your private lesson day/time with the Swim Lessons Coordinator, prior to continuation, to make sure your lessons do not conflict with changing pool hours during intersession or other scheduled pool activities.

REQUESTING A NEW INSTRUCTOR

We try our best to match each participant with just the right swim instructor for their goals. However, occasionally, the swim instructors' scope of training is surpassed by the participant, or the participant and swim instructor find that their pairing is just not the right "fit". In either case, we encourage open communication between private lesson parents/participants and their swim instructor. Speaking directly with your swim instructor about your goals and needs may solve the problem. If you still do not feel that your swim instructor is a good fit, please contact the Swim Lessons Coordinator and we will work towards finding you another swim instructor who better fits your needs.

PARKING

Group Swim Lessons are only scheduled at times that parking is free in the gravel C-lots (across from SRC).

Private Swim Lessons times vary and may require the additional purchase of a parking permit if between the hours of 8am and 4:30pm (Monday through Friday). Parking permits can be purchased from the Parking Office in the Campus Services building (located on the corner of 21st and Bill McDonald Pkwy) for \$2/hour. There are also a limited number of metered spots in the C-lots, but these are also \$2/hour which adds up to a lot of coins. Parking in the C-lots is free on weekends and after 4:30pm on weekdays.

PAYMENT and REFUNDS

The Wade King Student Recreation Center accepts Visa, Mastercard, Cash or Check. All swim lessons must be purchased prior to the lessons. **Group Swim Lessons** are purchased as a complete session. No pro-rating, refunds, or make-up lessons will be provided for missed classes or participant withdrawal after the first lesson. In case of class cancellation, due to pool closure, additional time will be added to the remaining classes. **Private Swim Lessons** can only be purchased after a date, time, and instructor have been confirmed by the Swim Lessons Coordinator. Private swim lessons may be purchased one-at-a-time or by purchasing multiple lessons at one time (not to exceed 8 lessons per participant). Refunds for private swim lessons are available for unused lessons minus a \$20.00 processing fee. As part of their required paperwork, private swim lesson instructors must keep track of how many lessons participants have purchased (and used) and can inform you when you need to purchase more lessons. For documentation purposes, the instructor may ask verification of your receipt and your signature on a record form before each lesson.

LOCKER ROOMS and the FAMILY CHANGING ROOM

As with all other activities at the Student Recreation Center, children must be supervised in the locker-rooms. For patron comfort, children of the opposite sex are NOT allowed in locker rooms at any age. The Family Changing room is available for children/parents of the opposite sex.

SWIMMING BEFORE and AFTER LESSONS

Children are not permitted to swim before or after their swim lessons. Children may enter the pool under the supervision of their swim instructor. **SRC members** are permitted to stay and practice after their lesson under the following conditions:

- ◆ Strictly during family swim times: Fridays after 6pm and Open-Close on weekends/holidays/ intersession/summer quarter/public school breaks.
- ◆ Based on space availability in the pool (if there are additional lessons following yours then pool space may be reserved for lessons or lap swim).
- ◆ Children under 14 years of age must be supervised by an adult and must pass the swim test (swim one length of the pool, any stroke).
- ◆ Children who are unable or unwilling to pass the swim test must be an arms length away from an adult at all times (whether they can touch the bottom or not).

USE OF THE SPA BEFORE and AFTER LESSONS

Children are not permitted to enter the spa before or after their swim lessons during hours that are not designated as family hours at the SRC. During family hours at the SRC members may purchase a guest pass for their participant and may use all available areas of the facility.

MEMBERSHIP at the WADE KING STUDENT RECREATION CENTER (SRC)

For additional information about SRC membership please contact campusrec@wwu.edu

Pool and Spa Rules

Pool and Spa rules are posted behind the tall Lifeguard Station and next to the spa, respectively.

POOL RULES

- All patrons must be wearing appropriate swim attire.
- All patrons must shower before entering the pool.
- Running, rough play and yelling are prohibited.
- Diving is allowed only along the deep end of the pool (front dives only – no flips).
- All pool equipment is available for use (inner tubes, beach balls, noodles, etc.) in a safe manner.
- Food and drink are prohibited on the pool deck (water is allowed in non-breakable containers – glass containers are prohibited).
- Chewing gum, alcohol, tobacco products, or other drugs are prohibited (patrons under the influence of alcohol or other drugs will be asked to leave the premises).
- For patron privacy, the use of cell phones is prohibited on the pool deck.
- No Public Displays of Affection (PDAs) in the pool.
- Non-swimmers or weak swimmers must stay in the shallow end unless they are accompanied by an adult.
- All swimmers under the age of 14 must be accompanied in the water by an adult.
- All swimmers under the age of 14 must pass the swim test or stay within an arms length of their chaperone (please see the lifeguard on duty for swim test details).
- Please circle swim if there are 3 or more patrons in a lap lane.
- During pool rental times lane priority goes to lap swimmers (aqua joggers may be asked to move if space is needed).

SPA RULES

- All patrons must shower before entering the spa.
- Diving, jumping in, or sleeping in the spa is prohibited.
- Pool toys are prohibited in the spa.
- No Public Displays of Affection (PDAs) in the spa.
- Patrons' heads must remain above the surface of the water at all times.
- Children under the age of 6 years old are prohibited in the spa according to Washington Administrative Code (WAC) 246-260.

CAUTIONS: Pregnant women, elderly persons, and persons suffering from heart disease, diabetes, high or low blood pressure should not enter spa without prior medical consultation and permission from their Physician.

Persons refusing to obey these regulations may be subjected to removal from the premises (WAC).

HOW TO SELECT A LEVEL FOR YOUR PARTICIPANT

Your participant's current swim level is the level that most accurately describes their swimming abilities. Swimming levels are listed below and on the next page for your reference. If your participant cannot perform all the activities listed in a level description then they should register for that level with the aim to complete *all* the skills listed. If your participant can perform all the skills listed in a level then they are ready to move up to the next level.

For example, if your 7-year-old participant can float, glide, and is an expert doggie-paddler (combining arm and leg actions), then their current skills level is swim level 2. In this case, register your participant for level 3 to help them build on their current skills. If, in this instance, it has been a few years since your participant's last swim lesson then it might be a good idea to register your participant for a refresher session in level 2.

If you have questions regarding your participant's swim level please contact us at swim.lessons@wwu.edu

PARENT AND CHILD AQUATICS

(6 months-3 years*)

PARENT & CHILD: Combined levels 1 and 2

This level is a combination of American Red Cross Parent & Child Levels 1 and 2. Parent & Child Aquatics introduces parents and children to a set of basic aquatics skills. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child in the water, and how to prepare and encourage their child to participate fully and try new skills. Children are introduced to basic skills that lay a foundation to help them learn to swim. In this level the parent is actively in the water with the child helping them become comfortable with basic skills. The goal of Parent & Child Aquatics is to provide experiences and activities for parents and children to: Enter/exit the water safely, adjust to the water, be comfortable in exploration of buoyancy, body position, floating and gliding, basic stroke action, life jackets, and breathing control (blowing bubbles or holding their breath while voluntarily submerging underwater) . Note: All submersions must be voluntary on the part of the child.

*All children wearing diapers will be required to wear swim diapers.

PRESCHOOL AQUATICS

(ages 3-5 years)

PRESCHOOL: Combined levels 1 and 2

This level is a combination of American Red Cross Preschool Aquatics Levels 1 and 2. Preschool Aquatics is for beginning swimmers (ages 3-5) who have had very little or no swim instruction. Preschool Aquatics teaches the most basic aquatic skills (most performed with assistance). The goal of Preschool Aquatics is to introduce basic aquatic locomotion skills, simultaneous and alternating arm/leg action on front and back, and to continue to advance and build on the basic skills that the child will continue to build on as they progress through Preschool Aquatics and then on through Learn-to-Swim levels.

Note: Once participants have passed Preschool Aquatics (Combined Level 1/2) then they are ready for Learn-To-Swim Level 2

LEVEL 1

(ages 6 years +)

INTRODUCTION to WATER SKILLS

The goal of Level 1 is to learn basic personal water safety information skills, to help participants feel comfortable in the water and to enjoy the water safely. Level 1 is for beginning swimmers who have had very little or no swim instruction, focusing on elementary aquatics skills, developing positive attitudes, good swimming habits and safe practices in and around the water. Level 1 skills include: safely entering/exiting the water, blowing bubbles, bobbing, opening eyes underwater to retrieve submerged objects, front and back floats and gliding, alternating arm and leg action, combined stroke movement, and treading water. Most skills are performed with support.

LEVEL 2

(ages 6 years +)

FUNDAMENTAL AQUATIC SKILLS

The goal of Level 2 is to help swimmers who have achieved comfort in the water gain familiarity with fundamental skills and achieve success without support. Level 2 focuses on teaching swimmers to float and glide on their front and back, develop simultaneous and alternating arm and leg actions, and lay a foundation for future strokes, all without support from the swim instructor.

LEVEL 3

(ages 6 years +)

STROKE DEVELOPMENT

The goal of Level 3 is to build on previously learned skills and provide additional guided practice. Level 3 is for swimmers who are able to swim with combined stroke on front and back (without assistance). Level 3 focuses on making swimmers comfortable and safe in deep water, teaches front crawl and elementary backstroke (15 yards), builds on the fundamentals of treading water, introduces scissors and dolphin kicks as well as the rules for headfirst entries (seated entry dives).

LEVEL 4

(ages 6 years +)

STROKE IMPROVEMENT

The goal of Level 4 is to develop participants' confidence in the strokes learned thus far and to improve other aquatic skills. Level 4 focuses on increasing endurance by swimming familiar strokes (front crawl, elementary backstroke), and adding sidestroke, back crawl, breaststroke, butterfly and basics of turning at the wall.

LEVEL 5

(ages 6 years +)

STROKE REFINEMENT

The goal of Level 5 is to coordinate and refine strokes. Level 5 is for swimmers who are competent in all strokes as well as basic diving techniques. Level 5 swimmers will focus on refining their stroke techniques, incorporate flip turns, and increase their swimming distance.

LEVEL 6

(ages 6 years +)

SWIMMING and SKILL PROFICIENCY: Fitness Swimmer

The goal of Level 6/Fitness Swimmer is to refine strokes so participants swim them with more ease, efficiency, power, and smoothness over greater distances to increase endurance and aquatic fitness. Fitness Swimmer skills include circle swimming, using a pace clock, using swimming equipment such as pull buoys and fins, with a final skills assessment of swimming 500 yards continuously using any 3 strokes.

What if my child isn't signed up for the appropriate swim level?

The Swim Lessons Coordinator will be observing lessons to make sure that each swimmer is in the appropriate class for their abilities. It is quite common for a participant to need a "refresher" on some of the skills from previous levels, or for a participant to make vast improvements within the first few lessons and graduate to the next level.

Where do I meet the Swim Lessons Coordinator?

The Swim Lessons Coordinator will meet you in the SRC lobby no more than 15 minutes prior to lesson start time. Each participant must be escorted back to the pool as per our facility's policy. If you do not see the Swim Lessons Coordinator please check in at the front desk.

Why do we need to wait for the Swim Lessons Coordinator or Swim Instructor to escort us to the pool?

The SRC is a student-focused facility that is paid for by student fees but welcomes community participation. As such, policies have been set by the Rec Center Advisory Committee (RCAC) that allow children in the facility during designated family hours (Fridays after 6:00pm and all day Saturday and Sunday) and for scheduled swim lessons. During all other hours children must be escorted through the Rec Center by a staff member. For consistency, the Swim Lessons Coordinator and Swim Instructor will meet the parents at the front desk 15 minutes prior to every group and private lesson.

What should I bring to lessons?

Each lesson participant is required to wear proper swim attire. Young children who are not toilet trained must wear swim diapers under their swim suits. Goggles are not necessary, but may be recommended for more advanced levels (level 1 requires that each participant open their eyes underwater without goggles). Non-members please provide your own towel; SRC towels are for member use only.

Can I stay and watch the lesson?

You are welcome to watch your participant from any of the benches on deck, but please refrain from approaching your participant during their lesson. If your presence on deck is disruptive to your participant's learning environment then you may wait in the SRC lobby until the end of lessons. If you have questions, comments, or concerns during the lesson please address them with the Swim Lessons Coordinator or wait until after lessons to approach your participant's swim instructor.

When can I talk to my participant's swim instructor?

Our friendly and helpful swim instructors will be available 10 minutes prior to lessons and 10 minutes following lessons for questions or comments regarding your participant's swimming goals and progress. Your swim instructors will also provide you and your participant with an end of session report card.

What if my participant gets cold during lessons?

The SRC pool is set at a recreational temperature of 80-81°F. Warm showers are the best option for warming small children safely; the spa can raise children's body temperature too quickly resulting in heat-related illness. Additional clothing layers, such as a rash-guard, may provide insulation for your child. Please note that additional clothing layers must be appropriate swim attire. If your participant is still cold, please discuss this with the Swim Lessons Coordinator or Swim Instructor; different types of activities may be arranged with the Swim Instructor to keep participants comfortable.

What is the temperature of the pool?

80-81°F (*Recreational Pool Temperature*)



Wade King Student Recreation Center

**1880 Bill McDonald Parkway
Bellingham, WA 98225**

Phone: (360) 650-3766

Fax: (360) 650-7394

Swim.Lessons@wwu.edu