

SWIM

PARENT HANDBOOK



SUMMER **2023**



CITY OF COLLEGE STATION
PARKS & RECREATION

INFORMATION & POLICIES

Register online at **rectrac.cstx.gov** or visit the Stephen C. Beachy Central Park Office, located at 1000 Krenek Tap Road. Rain checks will be accepted at walk-in registration, open Monday-Friday from 8 a.m.-5 p.m. Swim lesson dates and times are subject to change. Classes subject to a minimum number enrolled.

Swim Lessons for infants through adults are offered at Adamson Lagoon and Cindy Hallaran. Age-appropriate class curriculum is designed to cover skills in a logical progression for optimal development. Each stage is challenging but individualized so that students gain confidence in their own abilities. Sessions meet for eight classes over the course of two weeks.

WARNING: A certificate from any of our classes does not ensure against drowning.

- Panic is the major cause of drowning. Even a good swimmer can panic.
- Watch your children at all times at a pool, wading pool and even with a lifeguard on duty.
- 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 and find themselves too far from the side of the pool.

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.

CLASS PLACEMENT

- The preschool classes are given a short swim test on the first day to assess their swimming ability.
- We reserve the right to move a child to a more suitable class based on their abilities.
- Children must meet prerequisites for each level of swim class.
- Repeating a level means there has been improvement, but more practice, endurance and coordination is needed to meet the Performance Guidelines and prepare for the more advanced and more rigorous skills of the next level.

DURING CLASS

- First Day of Class: Accompany your children to class and sit nearby to hear, see and encourage them. Take this opportunity to meet their instructor and ask any questions you may have about the program.
- Parents/guardians are required to stay inside the facility during swim lessons in case of an emergency where Parental Consent for care is required.
- We ask that parents of children ages 3-5 do escort their children to the restroom for safety purposes when needed.
- Parents are asked to sit back from the pool edge so that their children can concentrate on the lesson and listen to the instructor.
- Pool management can discuss with you any special considerations requiring closer supervision.
- Let your Instructor or the Pool Manager know if you have concerns about the lesson.

CLASS DISCIPLINE

- We reserve the right to remove children if they disrupt class or are verbally or physically abusive.

HEALTH & HYGIENE

- Students with open wounds, lesions, contagious rashes, etc. will not be allowed to swim.
- 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.
- Swim diapers are required for all children who are not toilet trained or are newly toilet trained. Swim diapers must be one use only, as they are disposable and can prevent pool contamination.
- To prevent pool contamination, do not change diapers or clothes on pool chairs or chaise lounges. Restrooms and baby changing tables should be used for changing clothes and diapers.
- The pool will close for obvious health reasons when fecal or vomit contamination occurs.
- Call 979.764.3540 to discuss refund/transfer when your child's illness requires dropping out of class.

REFUNDS/TRANSFERS

- A \$21 processing fee is charged for ALL transfers and refunds. Instructors reserve the right to recommend transfers of participants to a different skill level based on participant performance. If a skill level transfer is recommended for the benefit of the swimmer, there will be no cost associated with the transfer.
- **No transfers** to different times/sessions with less than a seven-day notice before the class start date.
- **No refunds** with less than a seven-day notice before class start date.
- A doctor's note is required for full refund due to extended illness.
- Call 979.764.3540 to discuss refund/transfer when your child's illness requires dropping out of class.

CANCELED CLASSES

- Thunder, lightning and/or very heavy rain will cause cancellation of the in-water portion of lessons.
- Lessons will be canceled for at least 30 minutes after hearing thunder or seeing lightning.
- Bad weather cancellation decisions are usually made 15 minutes before class time.
- To hear current status of lessons, call the pool lesson site at least 15 minutes before class time.
- Class status may change suddenly due to quickly-changing weather conditions.
- When feasible, safety lessons are discussed when in-water lessons are canceled.
- Rain checks will be issued for canceled classes and are attached to the student's College Station Swim Certificate on the last day of class.
- Rain checks equal the value of one prorated day of lessons and are redeemable for in-person registration for future swim lessons. Rain checks are valid for one year from date of issue and have no cash value.
- **No refunds** and **no make-up** lessons for canceled classes.
- **No refunds, no make-up lessons, no rain checks** and **no schedule changes** for lessons missed for personal reasons.

CLASS WAITLIST PROCEDURES

- If a class is full, a spot on the waiting list will be offered. There is no fee to be on the waiting list. If a participant drops a class that space will be offered to the first person on the waiting list. If you are offered a space in class from the waiting list, we will notify you of the deadline to secure the space with the payment. If you decline or let the deadline expire without making the payment, we will remove the participant from the roster and offer the space to the next participant on the waiting list.

STUDENT WITH SPECIAL NEEDS

- Please indicate at time of registration any special needs for your student.
- Advance notice is required to plan for accommodation of special needs.
- Contact 979.764.3540 to discuss student special needs in compliance with Americans with Disabilities Act regulations.

PARENT TIPS

The American Red Cross swim courses offered by the City of College Station are designed to give your child a positive learning experience, as well as to teach water safety and swimming skills. It must be noted that not all children learn at the same rate and that these are group lessons. 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, caring for, supervising, motivating and working with their child during this experience in order to enhance learning.

- Understand that children develop swimming skills at different rates.
- Bring an extra towel for students enrolled in Water Babies & Tots classes as swim diapers tend to retain a large amount of water.
- Pack a snack and drink for your child since they are often hungry and/or thirsty after a lesson.
- Apply a UVA/UVB sunscreen with a SPF factor of 15 or higher at least 30 minutes prior to entering the pool for your lesson.
- Arrive at least 5 minutes prior to your scheduled lesson time 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.
- We recommend postponing using goggles with your child until they are comfortable placing their face and head underwater. Goggles can be beneficial to children while swimming laps, especially if they experience eye discomfort. If goggles are used, please assist your child in adjusting their goggles before their lessons. No nose or scuba like goggles as they prevent teaching proper breathing techniques.
- Water shoes do a great job of protecting feet during hours of water play and walking on pool decks, but they hinder the development of an effective flutter kick. During lessons, we recommend water shoes stay with your child's towel.

CRYING PARTICIPANTS

- As children grow with age, they begin to form their own opinions, ideas and fears. Very often toddlers develop a fear of the water particularly if they haven't had early exposure to the water. Toddlers can also be very emotional and sometimes they may not be in the mood to participate. If you have a scared or uncooperative toddler, it is important that parents not force or hurry them. Forcing or hurrying the child will only make it more difficult the next time the parent brings them to the pool.

WE ENCOURAGE PARENTS TO

- Visit the pool where their swim lessons will be ahead of time to introduce your child to the facility.
- Arrive early so that your child can watch other children enjoying swimming lessons.
- Use positive praise to encourage desired behaviors.
- Practice the skills outside of lesson by visiting the pool during public hours, using a home pool, or at home during bath time.

If a child is crying/refusing to participate in their lesson the instructor will have them sit on the ledge for safety purposes and continue with the lesson. We will continue to encourage the child to join the lesson and participate and give them the opportunity to perform the skills as we would with the other children. The instructor will not force your child into the lesson as this can be counterproductive and possibly unsafe.

SCHEDULE

SWIM LESSONS

It is important to review all sections of the Swim Parent Handbook before enrolling your child in lessons.

****Adaptive Aquatics** is individualized swimming instruction for those with special needs. Class duration will vary from 25 to 45 minutes per lesson based on the needs and/or abilities of the swimmer. Cost is based on length of class and household residency status. An adult is required to remain in the facility and may be asked to assist with the participant in the water. To register, complete the Adaptive Aquatics Questionnaire form located online at cstx.gov/pools, then a staff member will contact you to schedule lessons. For more information, call 979.764.3540 or email parks@cstx.gov.

WEEKDAY LESSONS

SESSION 1	June 5-15	Mon.-Thu./Mon.-Thu.
SESSION 2	June 19-29	Mon.-Thu./Mon.-Thu.
SESSION 3	July 10-20	Mon.-Thu./Mon.-Thu.
SESSION 4	July 24-Aug. 3	Mon.-Thu./Mon.-Thu.

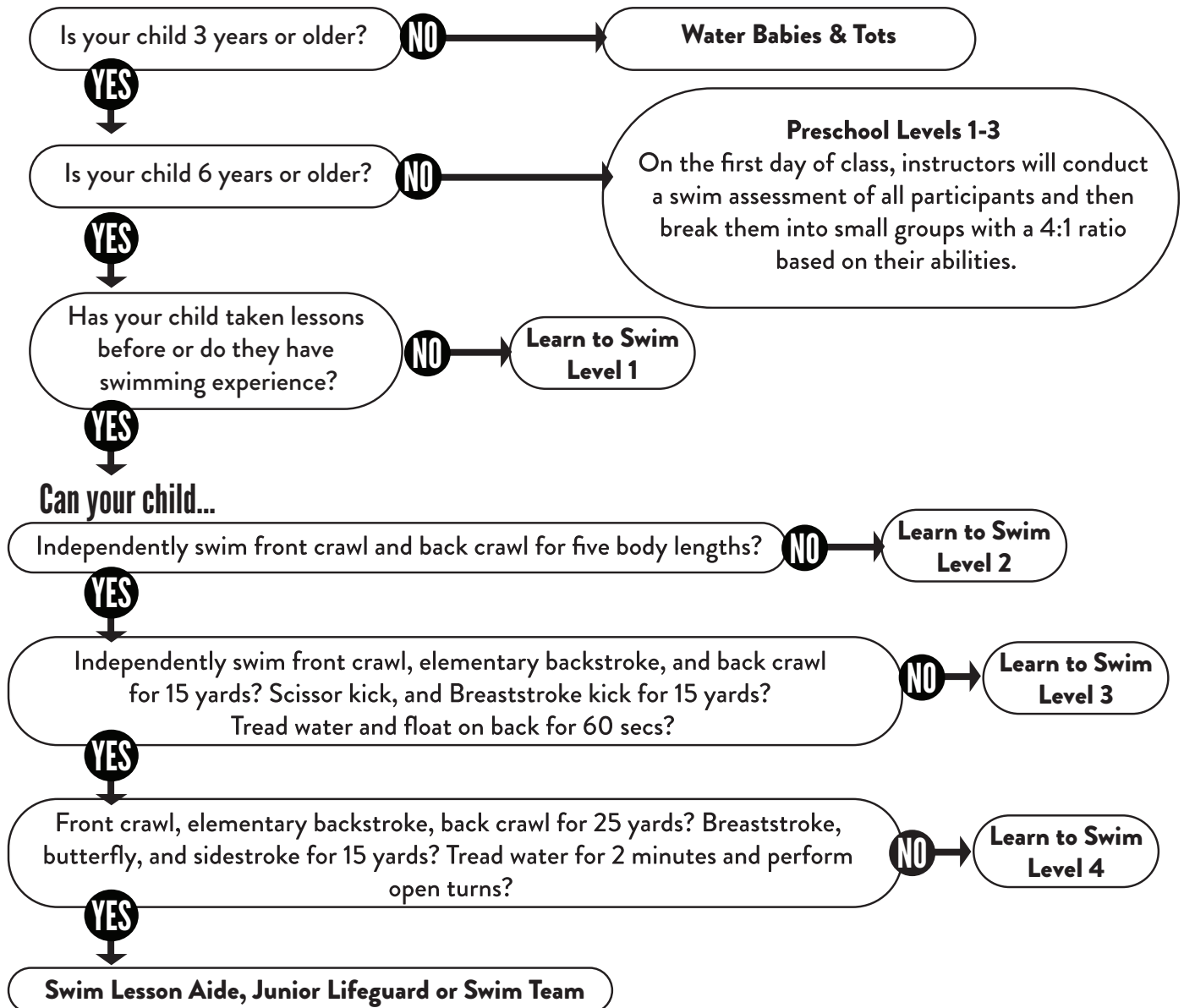
ADAMSON LAGOON				
CLASSES (AGES)	FEES (Res/Non-Res)	SESSIONS	TIMES*	LENGTH
Water Babies & Tots (6-35 mos.)	\$48/\$57	1-4	10, 10:30, 11 a.m., 7 p.m.	25 min
Parent & Preschool (3-5 yrs.)	\$48/\$57	1-4	9, 9:30 a.m., 7:30 p.m.	25 min
Preschool (3-5 yrs.)	\$48/\$57	1-4	8:30, 9, 9:30, 10, 10:30, 11 a.m., 7, 7:30, 8 p.m.	25 min
Level 1 (6+ yrs.)	\$53/\$63	1-4	8, 9, 10, 11 a.m., 7, 8 p.m.	45 min
Level 2 (6+ yrs.)	\$53/\$63	1-4	8, 9, 10, 11 a.m., 7, 8 p.m.	45 min
Level 3 (6+ yrs.)	\$53/\$63	1-4	8, 9, 10, 11 a.m., 7, 8 p.m.	45 min
Level 4 (6+ yrs.)	\$53/\$63	1-4	8, 9, 10, 11 a.m.	45 min
Jr. Beginner (13-17 yrs.)	\$53/\$63	1-4	10 a.m.	45 min
Adult Beginner (18+ yrs.)	\$53/\$63	1-4	8 p.m.	45 min
Adaptive Aquatics (3+ yrs.) **	Varies	1-4	11 a.m.	Varies
CINDY HALLARAN				
Water Babies & Tots (6-35 mos.)	\$48/\$57	1-4	5, 5:30, 6 p.m.	25 min
Preschool (3-5 yrs.)	\$48/\$57	1-4	4, 4:30, 6, 6:30, 7 p.m.	25 min
Level 1 (6+ yrs.)	\$53/\$63	1-4	6:30, 7:30 pm.	45 min
Level 2 (6+ yrs.)	\$53/\$63	1-4	6:30, 7:30 pm.	45 min
Level 3 (6+ yrs.)	\$53/\$63	1-4	6:30, 7:30 pm.	45 min
Level 4 (6+ yrs.)	\$53/\$63	1-4	5:30 p.m.	45 min

WEEKEND LESSONS

SESSION 1	June 10-July 29	Sat.
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CINDY HALLARAN				
Adult Beginner (18+ yrs.)	\$53/\$63	1	9 a.m.	45 min
Water Babies & Tots (6-35 mos.)	\$45/\$54	1	9, 10 a.m.	25 min
Preschool (3-5 yrs.)	\$45/\$54	1	9:30, 10:30 a.m.	25 min
Level 1 (6+ yrs.)	\$50/\$60	1	10 a.m.	45 min
Level 2 (6+ yrs.)	\$50/\$60	1	9:45 a.m.	45 min
Adaptive Aquatics (3+ yrs.) **	Varies	1	11 a.m.	Varies

WHICH SWIM LEVEL IS RIGHT FOR MY CHILD?



LEARN-TO-SWIM

ADAPTIVE AQUATICS

AGES: 3+ years | CLASS LENGTH: 25-45 minutes

Adaptive Aquatics is individualized swimming instruction for those with special needs. Class duration will vary from 25 to 45 minutes per lesson based on the needs and/or abilities of the swimmer. Cost is based on length of class and household residency status. An adult is required to remain in the facility and may be asked to assist with the participant in the water. To register, complete the Adaptive Aquatics Questionnaire form located online at cstx.gov/pools, then a staff member will contact you to schedule lessons. For more information, call 979.764.3540 or email parks@cstx.gov.

WATER BABIES & TOTS

AGES: 6-36 months | CLASS LENGTH: 25 minutes

All class days require a parent or guardian participation. The purpose of Water Babies & Tots is to teach basic skills that prepare young children to become comfortable in the water so they can be ready to learn how to swim when they are older. This program is not designed to teach children how to become accomplished swimmers or even to survive in the water on their own. It will, however, provide you the necessary knowledge and skills to orient your child in the water and to safely supervise all water activities.

The goal of Water Babies & Tots is to provide experience and activities for parents and children to:

- Learn how to enter and exit the water safely
- Feel comfortable in the water
- Explore buoyancy in a front and back position
- Change body position in the water
- Submerge in a rhythmic pattern
- Water safety topics

PARENT & PRESCHOOL

AGES: 3-5 years | CLASS LENGTH: 25 minutes

All class days require a parent or guardian participation. The class offers young children a positive, age-appropriate aquatic learning experience that emphasizes water safety and entry-level swim skills. The skills learned will help participants achieve success on a regular basis with peers in a class environment during water instruction. The class helps participants feel comfortable in the water and to enjoy water safely. Recommended to families with children that have high anxiety when entering the water. If your child is already comfortable being in and around water, we recommend the regular preschool classes.

PRESCHOOL

AGES: 3-5 years | CLASS LENGTH: 25 minutes

The primary objective of the Preschool program is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills for young children. On the first day of class the instructors will conduct a swim assessment of all participants and then break them into small groups with a 4:1 ratio based on abilities.

Skills taught will be based on the abilities of participants in class and will include but not limited to the following:

- Enter/Exit the pool safely
- Front and back glides and floating
- Face in the water, blowing bubbles and bobbing
- Retrieving objects off the bottom of the pool
- Combined leg and arm action on front and back
- Water safety topics

LEVEL 1: INTRODUCTION TO WATER SKILLS

AGES: 6-11 years | CLASS LENGTH: 45 minutes

The objective of this class is to help students feel comfortable in the water and to enjoy the water safely. Students will learn elementary aquatic skills which participants will build on as they progress through the levels developing positive attitudes and safe practices in, on, and around water.

- Enter/Exit the pool safely
- Front glide with assistance
- Roll from front to back
- Submersion and retrieving objects from the bottom of the pool
- Back float with assistance
- Bob 5 times
- Water safety topics

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

AGES: 6-11 years | CLASS LENGTH: 45 minutes

This course marks the beginning of true locomotion skills which are performed independently laying the foundation for future strokes. Participants learn self-help practices and basic rescue skills.

- Front and back float for 15 seconds
- Front and back glide for 3 body lengths
- Bob 10 times
- Front crawl with side breathing and back crawl for 5 body lengths
- Elementary backstroke kicks & dolphin kicks for 5 body lengths
- Treading for 15 seconds
- Water safety topics

LEVEL 3: STROKE DEVELOPMENT

AGES: 6-11 years | CLASS LENGTH: 45 minutes

The objective of this class is to build on the skills learned in the previous levels by providing additional guided practice. Students are also introduced to elementary backstroke and elements of breaststroke and sidestroke, as well as headfirst entries. Additional safety skills are introduced. Prerequisites: Ownership of level 2 certifications or ability to demonstrate all skills required to pass level 2.

- 15 yards: front crawl, back crawl, & elementary backstroke
- 15 yards: dolphin, scissor, and breaststroke kicks
- Tread water for 60 seconds
- Treading and back float for 60 seconds
- Water safety topics

LEVEL 4: STROKE IMPROVEMENT (ADVANCED)

AGES: 6-11 years | CLASS LENGTH: 45 minutes

The objective of this class is for participants to improve their aquatic skills and increase their confidence by swimming the strokes learned in previous levels for greater distances and with more advanced proficiency. Students will be introduced to breaststroke, butterfly, sidestroke, and basic turns at the wall, additional diving and safety assists. Prerequisites: Ownership of level 3 certification or ability to demonstrate all skills required to pass level 3.

- Front crawl and back crawl for 25 yards
- Breaststroke, butterfly, and sidestroke for at least 15 yds.
- Tread water using 2 different kicks for at least 2 minutes
- Open turns

JUNIOR BEGINNER

AGES: 13-17 years | CLASS LENGTH: 45 minutes

The objective of this class is for novice swimmers to learn basic aquatic skills, swimming strokes, and water safety concepts.

- Enter/Exit the pool safely
- Front glide with assistance
- Front crawl with side breathing and back crawl for 5 body lengths
- Elementary backstroke kicks and dolphin kicks for 5 body lengths
- Roll from front to back
- Submersion and retrieving objects from the bottom of the pool
- Back float with/with-out assistance
- Treading for 15 seconds

ADULT BEGINNER

AGES: 18+ years | CLASS LENGTH: 45 minutes

The objective of this class is for novice swimmers to learn basic aquatic skills, swimming strokes, and water safety concepts.

- Enter/Exit the pool safely
- Front glide with assistance
- Front crawl with side breathing and back crawl for 5 body lengths
- Elementary backstroke kicks and dolphin kicks for 5 body lengths
- Roll from front to back
- Submersion and retrieving objects from the bottom of the pool
- Back float with/with-out assistance
- Treading for 15 seconds

ADDITIONAL AQUATIC PROGRAMS

TSUNAMI SWIM TEAM

AGES: 5-18 years | FEE: \$142/swimmer | DATES: May 1-July 26, Practice times & meets vary

Participants are introduced to competitive swimming while gaining strength and stroke confidence.

Swimmers are encouraged to participate in NWAL and TAAF meets.

*\$10 discount for each additional sibling that is registered. The fee for one child will be waived for parents who become certified officials and work a minimum of three meets.

QUALIFICATIONS: Participants must be able to swim the length of a 25-yard pool (any stroke) unassisted and be registered in the College Station Independent School District or live in a city that does not have a swim team.

MASTERS SWIM PROGRAM

AGES: 18+ years | FEE: \$75/swimmer | DATES: June 5-July 14 (Mon., Wed. & Fri.), 6:30-8 a.m.

The program is for lap swimmers, fitness swimmers, triathletes, and adults looking to improve their fitness through swimming. Swim coaches offer a structured swim environment that combines stroke refinement and endurance training. Participants must be able to swim the length of a 25-yard pool (any stroke) unassisted and are encouraged to participate in the TAAF regional meet.

JUNIOR LIFEGUARD & SWIM LESSON AID TRAINING

AGES: 12-15 years | FEE: \$75/swimmer | DATES: June 5-29 or July 10-Aug. 3 (Mon.-Fri.), 6-8 p.m.

The program combines lifeguard and swim lesson instructor skills. The first half of each class focuses on water rescues, non-certified CPR/first aid, facility operations, and more. The second half covers ways to assist water safety instructors with swim lessons. Complete the course, and you're eligible to volunteer as a water safety instructor aide. Swim lesson aides receive free pool admission for the summer.



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