

## Meadows Place Swim School Information for Parents

- All Pool Rules apply to swim lesson participants & families. Lifeguards must be obeyed at all times.
- Registration is required.
- First day for each session is evaluation day. If your child needs to be moved, staff will notify the parent and move your child to the appropriate level (space pending). Because of space limit, please carefully read class description below and register your child into the right level at time of registration.
- There are 5 Sessions of Swim Lessons, each lasting 2 weeks, Tuesday – Thursday (see schedule below). If class is canceled due to weather, make-up days are each Friday of each session.
- Remember, more often than not, a child may need to repeat the same level before leveling up.
- Each daily lesson is 30 minutes long.
- Parents/family members **MUST WAIT OUTSIDE** the Lap Pool fence unless participating in Parent and tot class.
- Parents are not allowed to talk with students or interrupt during the lesson. Parents may visit with instructor only **AFTER** the lesson.
- Students are encouraged to stay after class and practice their skills in the Main Pool. Residents of Meadows Place may purchase seasonal wrist bands and non-residents may purchase a Day Pass wristband in order to swim in the Main Pool. No swimming before or after class without a wristband.
- No make-ups for classes missed by participants.
- Weather conditions can cause cancellations (see Inclement Weather Policy below); cancellations will be made-up each Friday of each session.

### **Inclement Weather Policy:**

When a Lifeguard hears thunder or sees lightening, the pool **MUST** be immediately evacuated and will remain closed for thirty (30) minutes after every heard thunder or seen lightening. All guests should stay under the covered patio or head home. If the pool storm continues past 30 minutes, all guests will be asked to leave.

**Fees:** \$60/student/session I, III, IV, V for Meadows Place residents ; Session II \$50/student (**no class July 4<sup>th</sup>**)  
\$75/student/session I, III, IV, V for non-residents; Session II \$65/student (**no class July 4<sup>th</sup>**)

**Swim Level Description:**

**Guppy** (*Parent and tot class*)- Guppy class is for the parent and tot to learn general water safety and swimming techniques. It will introduce the tot to the water and prepare the tot for the non-parent class, Goldfish. One English speaking adult per child.

**Goldfish** (*Water comfort*)- Goldfish class will teach basic breathing and buoyancy. They will learn how to enter and exit the water properly and have the child comfortable in the water by themselves.

**Sea Lion** (*Basic technique*)- Sea Lion class will work on rhythmic breathing and retrieve submerged objects. They will learn basic arm motions and kicking.

**Otter** (*Skill development*)- Otter class will introduce the swimmer to the deep water along with diving, strokes, and treading water.

**Shark** (*Advanced skill*)- Sharks will work on rotary breathing techniques and learn flip turns and continue on stroke techniques.

Level/Time	Session Dates				
	6/13 - 6/22 Session I	6/27 - 7/6 No class July 4 <sup>th</sup> Session II	7/11 - 7/20 Session III	7/25 - 8/3 Session IV	8/8 - 8/17 Session V
<b>GUPPY</b>					
10:15am - 10:45am					
4:15pm - 4:45pm					
<b>GOLDFISH</b>					
10:15am - 10:45am					
11:00am - 11:30am					
11:45am - 12:15pm					
4:15pm - 4:45pm					
5:00pm - 5:30pm					
5:45pm - 6:15pm					
<b>SEA LION</b>					
10:15am - 10:45am					
11:00am - 11:30am	FULL				
11:45am - 12:15pm					
4:15pm - 4:45pm					
5:00pm - 5:30pm					
5:45pm - 6:15pm	FULL				
<b>OTTER</b>					
10:15am - 10:45am					
11:00am - 11:30am					
11:45am - 12:15pm					
4:15pm - 4:45pm					
5:00pm - 5:30pm					
5:45pm - 6:15pm					
<b>SHARK</b>					
11:00am - 11:30am					
11:45am - 12:15pm					
5:00pm - 5:30pm					
5:45pm - 6:15pm					