

# 2017

## Swimming Lessons Program



Zoe Talley:

Swimming Instructor

Fayette Aquatic Center

6/19/2017

**Mission Statement:** The mission of this program is to teach a child or adult how to swim, to educate the participant on water safety, to be able to swim to safety if physically able, and to survive within the water and be aware of their surroundings.

**Vision Statement:** The vision of the program is to educate and inspire people to learn how to swim, to respect the water environment and to be safe in the water.

**FAYETTE AQUATIC CENTER IS A “FAMILY” ORIENTED FACILITY. OUR RULES ARE INTENDED TO PROVIDE BOTH A SAFE AND HEALTHY ENVIRONMENT. WE HAVE THE RIGHT TO REFUSE ADMISSION OR REMOVE ANY INDIVIDUAL WHO VIOLATES ANY RULE.**

**Rules and Regulations of Fayette Aquatic Center:**

- ALL CHILDREN 12 YEARS AND YOUNGER MUST BE ACCOMPANIED BY AN ADULT
- PROPER SWIM ATTIRE IS REQUIRED
- CHILDREN WHO ARE NOT POTTY TRAINED MUST WEAR SWIM DIAPERS
- ALL DIAPERS MUST BE CHANGED IN RESTROOM AREA ONLY
- NO OUTSIDE FOOD OR DRINKS
- NO GLASS BOTTLES OR CONTAINERS
- NO ALCOHOL OR ANY TOBACCO PRODUCTS ALLOWED AT GUTHRIE SMITH PARK
- NO PROFANITY OR IMPROPER BEHAVIOR
- NO RUNNING, PUSHING, DUNKING OR EXCESSIVE SPLASHING
- DIVING ALLOWED IN DESIGNATED AREA ONLY
- NO ANIMALS ALLOWED IN THE WATER PARK
- ONLY 1 PERSON AT A TIME ON THE SLIDES
- NO SWIMMING AROUND THE SLIDE EXITS
- EMPLOYEES ONLY ALLOWED INSIDE CONCESSION STAND
- NO LOITERING IN PARKING LOT
- THE CITY OF FAYETTE WILL NOT BE HELD RESPONSIBLE FOR LOST OR STOLEN PROPERTY
- **NO FACE MASKS; GOGGLES THAT COVER THE EYES ONLY**

## **Program Descriptions:**

Youth Swim Lessons: A six level progressive program for school-age children, 5-12 years of age. This program starts with creating a solid foundation of aquatic skills for future development of swimming and water safety skills. The participant must successfully pass each level that the instructor has taught in order to move on to the next level. This is done on a weekly basis with a test each Friday. (Beginner and Intermediate)

- Level 1: Water Exploration
- Level 2: Primary Skills
- Level 3: Stroke Readiness
- Level 4: Stroke Development
- Level 5: Stroke Refinement
- Level 6: Skill Proficiency

Teen and Adult Swim Lessons: A three level program for advanced swimmers, Teens age 13-15 and adults age 16 and older, designed for the teen and adult learning experience and the need for improving their skills. The participant must successfully pass each level that the instructor has taught in order to move on to the next level. This is done on a weekly basis with a test each Friday. (Intermediate)

- Level 5: Stroke Refinement
- Level 6: Skill Proficiency
- Level 6: Advanced Skills

Cancellation of Classes: Below are a few reasons why the Fayette Aquatic Center or instructor may cancel classes:

- Insufficient Enrollment: Minimum enrollment levels must be met for courses to be held. If the Aquatic Center cancels a

course due to low enrollment or loss of instructor, registered participants will be notified and offered the options of transferring to another class or receiving a full refund.

- Severe Weather: The Aquatic Center outdoor pool area will be closed each time lightning is detected within an eight-mile radius of the facility and will remain closed until 30 minutes after the last lightning strike was detected. While we cannot predict the weather, we will cancel classes in advance if possible. If severe weather occurs during class and at least half the class time has been conducted, then it will count as a single class.
- Facility Hazard: This includes but is not limited to sub-standard water quality, loss of electrical power, or other facility concern preventing the regular operation of programs.

Missed Classes: Participants who miss a scheduled class are not permitted to attend other classes to make-up for the missed class.

Parent Presence: A parent or guardian should come to swimming lessons with their child and is required to stay throughout the class time.

Facility Access: The facility will only be open to swimming lessons in the mornings from 8:00 A.M. to 9:45 A.M. Monday through Friday.

## **American Red Cross Swimming Levels**

### **Level I: Water Exploration (Shallow Water Lesson)**

- Fully Submerge face in water
- Front and back float with support
- Kicking on front and back with support
- Enter and exit the water independently

### **Level II: Primary Skills (Shallow Water Lesson)**

- Float on front and back unsupported for 5 seconds
- Swim on front for 5 yards without assistance
- Swim on back for 5 yards without assistance
- Retrieve objects under water chest deep

### **Level III: Stroke Readiness (Mid-pool lesson: shallow and deep)**

- Swim front crawl for 10 yards
- Swim back crawl for 10 yards
- Jump into deep water
- Bobs in water above child's head

### **Level IV: Stroke Development (Deep Water lesson)**

- Deep water bobs
- Standing dive from pool side
- Elementary backstroke for 10 yards
- Front and back crawl for 25 yards (length of pool)
- Breaststroke & sidestroke kick with board

### **Level V: Stroke Refinement (Deep Water Lesson)**

- Front and back crawl for 50 yards
- Breaststroke & sidestroke for 10 yards
- Elementary backstroke for 25 yards

### **Level VI: Skill Proficiency (Deep Water Lesson)**

- Front and back crawl for 100 yards
- Breaststroke & sidestroke for 25 yards
- Swim the butterfly for 10 yards
- Flip turn

### **Level VI: Advanced Skills (Deep Water Lesson)**

- Swim continuously for 500 yards using any strokes
- Backstroke flip turn
- Tread water for 5 minutes