

## SWIM LESSON HELPFUL HINTS

At the Silliman Family Aquatic Center we try and find a way to help meet your needs. However, there are times when things cannot always be solved. By looking over the helpful hint you may be able to avoid some issues.

### **Not sure what your or your child's swim level is?**

Many times you may not be aware of your own or your child's swimming level. We always test on the 1<sup>st</sup> day for all levels and place them into the appropriate classes. Please note that all skill levels for every age group are offered at every time slot.

### **What to bring to class:**

- ✓ Swim Suit
- ✓ Plenty of towels and warm clothing for afterwards.
- ✓ All non-potty trained children must wear approved swim diapers under their swim suit.
- ✓ Swim caps for those with long hair and goggles are highly recommended for use during swim lessons. Swim caps, goggles and swim diapers are available for purchase at our front desk.

## THE DO'S AND DO NOT'S

It is just as important that you help our staff by knowing what you should be doing while your child is in swim lessons & here is a list of how you can help us out!

### **DO...**

- ...give your child positive encouragement!
  
- ...make sure your child use the bathroom before their swim lesson.
  
- ...talk to your swim instructor **ONLY** during the 5 minute period at the end of the lesson.
  
- ...make swim lessons a fun, productive, and a Safe time overall.

In order to insure that we run smoothly and stay safe we would like to list a few things we would like you not to do.

### **DO NOT...**

- ...try to speak to your child's swim instructor or your child during the lesson.
  - Our experienced staff has found that it is better to let there be a sort of distance between child and parent during swim lessons. There will be a senior staff member in the facility for you to talk to. Please if there are any questions during a lesson we insist that you talk to them, not the swim instructor.
  
- ...allow them to have a large meal before their swim lesson.
  - When a child vomits or has an accident in the pool, we are required to shut down the pool for a period of time so please help us with this issue.
  
- ...worry if your child does not pass a level within one or more sessions.
  - Every child learns at their own pace. If they are pressured too much, then swimming loses its fun. Please bring any concerns regarding learning progression to the senior staff & they will help you.