

## HOW DO SWIM LESSONS WORK?

**Shapiro Pool:** Lessons are twice a week, either M/W or T/Th for 4 weeks.

**PV Pool:** Lessons are four times a week, M-Th for 2 weeks.

For your convenience, all levels of swim lessons are available during all lesson times.

### Day 1: Evaluation

On the first day of your swim lessons, your child will be put in a level based on your registration. The instructor will then begin the first day of lessons with their appropriate lesson plan. The head/assistant guard observes the lessons to see if any adjustments in levels need to be made (if your child is MUCH more skilled than everyone else in the group, they will be moved up, or vice versa if your child doesn't quite have the skills yet to be in the group). Please allow the swim instructors to evaluate your child and put them in the class that they feel is the best fit. We understand that at times, there may be conflicting views between the swim instructor and a parent on which level their child should be in. However, our swim instructors have had extensive training in what the different levels are, and the skills needed to place them in a particular level. If any level changes need to be made mid-session, the head or assistant guard are responsible for being aware, and will make the needed adjustments. PLEASE do not continuously approach your head or assistant guard asking about changing your child's level. For the safety of your child, and to best help your child's swimming skills, please trust that our staff has placed your child in the level that best fits their needs. If you wish to discuss your child's level placement, please talk to the head or assistant guard AFTER the skills evaluation.

### Day 2: Get to Know Your Instructor and the Instructor Gets to Know Their Class

By this point in time, your swim instructor should have introduced not only themselves, but also a point of destination for everyone to meet at the beginning of the lesson. If you are unaware of this meeting place, please ask your instructor where their pre-lesson meeting spot is. If you notice there are problems or conflict with the level your child is in, please address the head or assistant guard before Day 2 ends so they will be able to evaluate the situation. DO NOT ADDRESS THE SWIM INSTRUCTORS during lessons!

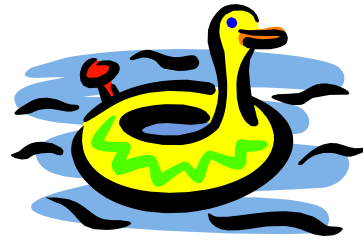
### Day 3-7: SKILLS, DRILLS, SONGS and GAMES

### Day 8: An Accomplished Swimmer and Evaluation

On day 8, please make sure to fill out an evaluation of your experiences with your swim lesson session. Evaluation forms will be available on site or emailed to you following your lesson.



## WHY CAN'T MY CHILD WEAR FLOTATION DEVICES?



Water wings, swimmies, floaties, life jackets, swim suits with flotation devices inside the swimsuit, are flotation devices that assist a child to stay afloat in water. Over the years, these devices have become an American icon representing young swimmers, and they are found in almost every store that carries pool equipment. These flotation devices have come under criticism for their potentially dangerous design, which actually hinders young swimmers from learning the proper techniques to swim effectively. For this reason,

the Chico Area Recreation and Park District does not allow these devices to be used in our public swimming pools. Here is a partial list of reasons for this policy:

1. Flotation devices teach children incorrect body position for swimming: head up and legs underneath.
2. These devices hinder arm movement.
3. These devices give both parent and child a false sense of security, and encourage poor swimmers to swim into unsafe conditions, such as deep water.
4. These devices may slip off or be removed by the child where the child cannot stand up, leaving the child without flotation in an area where they cannot swim without them.
5. Continued use of such devices by children can develop a dependency which is difficult to overcome later in life.
6. These devices are not recommended for use by either the American Red Cross or United States Coast Guard as a supplement to parental supervision in the water.

CARD reserves the right to make any exceptions to this policy based on special needs for the participant. Any such request for an exception needs to be made in writing to the CARD office Attn: Ed Johnson.

We strongly suggest that anyone unsure as to their child's swimming ability to invest in swimming lessons. While there is no true way to "drown proof" anyone, child or adult, these classes are designed to teach children and adults about safe practices in and around water, and give them the best flotation device of all: Swimming skills.

Thank you for your understanding  
Chico Area Recreation and Park District



[www.chicorec.com](http://www.chicorec.com)



# Swim Lessons

Chico Area Recreation & Park District



Have you PLAYed today?

## SWIM LESSON INFORMATION

**Dates:** Vary by pool and session

**Times:** Group lessons are from 11:00am-12:00pm and 4:30pm-6:00pm.

Private Lessons are offered from 10:30am-11:00am, 12:00pm-12:30pm, and 4:00pm-4:30pm.

**Ages:** 6mo-14 years of age for group lessons  
3yrs-17yrs for private lessons.

Levels vary by age and skill level. Please refer to pages 6 & 7 of our Summer brochure for more information on the level selection process.

**Registration:** Registration is on a first come, first serve basis. Registration must be completed by the registration deadline.

**Location:** PV Pool is located at 2320 North Avenue.  
Phone: 895-4703

Shapiro Pool is located on Oleander Avenue next to Chico Jr. High.  
Phone: 895-4705.

**Timeline of Day:** All times below are approximate:  
Arrive 10 minutes before your lesson to check in, change, ask questions. Lesson instruction should start promptly at your registered time and run for 25 minutes. The last five minutes is given for instructors to communicate with parents and prepare for the next group.

## WHAT ELSE DO I NEED TO BE AWARE OF?

### Pool Closures

Please be aware that if there is any bodily fluid or fecal matter in the pool, it is mandated to shut down for a predetermined amount of time. If the pool is closed during your swim lesson time, the appointed scheduled make-up day is the following Friday at the same time as your original lesson. In order to best communicate with you, please make sure your swim instructor has the best number to reach you, in the case of pool closures. PLEASE help us with preventing pool closures by making sure your child is not ill, or feeling sick to their stomach, has not eaten within one hour of getting into the pool, and has a swim diaper on if one is needed.

### Make-Up Lessons

The only time make-up lessons will be scheduled are if CARD has closed the pool. Unfortunately, due to the lack of time, space and personnel, we are unable to reschedule missed lessons due to personal reasons. We apologize for this inconvenience.

### If You Know You are Going to Miss a Lesson

If you know that your child is going to miss a lesson, please let your swim instructor know or call the pool where your lessons are held. Please do not call the CARD office, instead, call the pool where your lessons are held so your instructor will know of the missed lesson in a timely fashion.

## SWIM LESSON RULES

YOU MUST SIGN YOUR CHILD IN AND OUT OF SWIM LESSONS

Please bring your child 10 minutes before the start of their lesson. Lessons are only 25 minutes long, so it is important to be on time and have your child ready to go.

The more lessons attended, the higher the chance your child will succeed at the level.

Food and drink should not be consumed within one hour of the lesson. This prevents disruptions and possible accidents during class. Snacks can be consumed after the lesson.

All food and drink must remain in the bleachers or grass area.

No glass containers allowed in pool area.

For parent/tot lessons, please have infants and toddlers in swimming diapers. Swim diapers are for sale at the concession area for \$1/diaper.

Parents in the parent/tot class—please do not wear sunglasses in the pool.

All parents must watch from the bleachers or grass area. Parents may not be on deck during lessons.

Children with long hair should have their hair pulled back in a rubber band.

Please trim child's nails short prior to lessons.

Participants must wear proper swim attire (no jeans, or cutoffs will be allowed to be worn in the pool).

DO NOT bring your child if they are suffering from diarrhea.

Please be positive. Ignore or minimize negative reactions such as crying or temper tantrums.

Please do not bring any toys or personal items from home.

If swim goggles are being used, they should be properly adjusted and fitted before class begins. Swim instructors are not responsible for the fitting of goggles.



## SHAPIRO AND PV POOL RULES

- NO RUNNING
- Children under 6 years old must be accompanied by a person 15 years or older.
- Dunking and pushing is not allowed
- No horseplay in which you are pushing people under, or on people's back /shoulders.
- Swimming accessories or face masks are not allowed.
- Food may be eaten only in the bleachers, grass area or deck.
- Smoking is not allowed in the pool area.
- Swimmers must shower before entering the pool.
- Everyone must be in proper swimming attire.
- No glass containers allowed in the pool area.
- Back flips, dives, spinning or jumping backwards from the edge of the pool is not allowed.
- No extended underwater breathe holding
- Hair clips and bobbie pins must be kept out of the pool.
- Diving is only allowed at the deep end of Shapiro Pool.



ALCOHOL IS NEVER ALLOWED AT OUR POOLS!

