



City of Killeen
Aquatics Division
Swimming Lesson Pamphlet

Long Branch Pool, 1101 Branch Drive Killeen, Texas 76543

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Killeen Recreation Services is proud to offer the American Red Cross Learn-to-Swim program. Each comprehensive swim lesson is taught by a certified Water Safety Instructor (WSI). Your child and other family members will learn how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of the skills from the preceding level, with the exception of Level one, which has no prerequisite. Each swim level of Learn-To-Swim includes training in basic water safety and helping a swimmer in distress, in addition to skills outlined below. Parent or guardian must be present during their child's swim lesson. Parent will need to enter the pool if child is registered for the parent and child class.

LEARN-TO-SWIM PROGRAM TIPS

The Learn-to-Swim Program is offered at the Killeen Family Aquatic Center (FAC) and is designed to give your child a positive learning experience and teach lifelong swimming skills. Regardless of your child's swimming ability, you can play a critical role in guiding, caring for, supervising, motivating and working with your child during this experience. The following are some tips to help you in providing the best experience for your child:

Prepare your child for this experience. Give your child an opportunity to visit the pool before the beginning of class. Describe what will be happening and perhaps talk to an instructor. Even very young children can benefit from this orientation.

Be Prompt. Children can get anxious if hurried. Allow plenty of time before and after class for showering, going to the bathroom, and dressing.

Follow rules and regulations. You are responsible for your child's actions, not the instructor or lifeguard. Teach, talk about, and review the pool rules with your child. Lead by example.

Attend every lesson. Frequent practice is the key to adjustment and learning. Children can regress quickly if not allowed to practice. It is a good idea to encourage a crying or hesitant child to continue attending the class. Just being around the pool and observing the activities can help your child adjust.

Complete all the levels. Make sure your child completes all the learn-to-swim levels so that he or she truly has the skills to be safe in, on, and around water.

Encourage safe practices. Young children cannot be expected to exercise good judgment and caution. Children must be constantly reminded to walk slowly in the pool area and only enter the water with the instructor during the class and with you after the class.

Have patience. It is important not to pressure your child to perform before he or she is ready. Readiness results from maturity, experiences and other individual factors.

Avoid comparisons. No two children develop at the same rate. Each child learns at a different pace depending on factors including but not limited to physical growth, individual development, comfort, practice, and previous experience. Respect your child's qualities and do not compare them to their siblings or other children.

Provide encouragement. A good rule is to encourage your child to do everything, but not to force him or her to do anything. Forcing a child will only bring negative results. Let your child know that learning involves lots of practice and they should keep trying.

Be positive. Use a positive attitude when correcting behavior or enforcing rules.

Give praise. Recognize your child's efforts, no matter how small the accomplishment. People are not motivated by failure or ridicule. Success promotes success. Praise should be descriptive of an action. Rather than simply saying "Good", say, "I like the way you blew those great big bubbles."

Facilitate practice and review. Try out the skills and activities at home or during the recreational swimming hours at the pool. The bathtub, shower, or wading pool is a perfect place for practice. The more practice, the better your child will learn, and the more quickly he or she can progress.

FREQUENTLY ASKED QUESTIONS

Q. How much is registration for one session?

A. \$50.00 per participant.

Q. What is the class size for each level?

A. 7 students maximum

Q. How long is a swim lesson session?

A. 2 week session, Monday through Thursday, 45-minutes a day

Q. What happens if there is a rainout day or pool closure due to unforeseen circumstances?

A. Class will be made up as decided by the Recreation Services Department Aquatics Manager. All participants will be contacted by the Water Safety Instructor and/or Pool Manager on Duty with details of the make-up time should this situation occur.

Q. Can I sign up for more than one class at a time?

A. Recreation Services requires that you only register for one level at a time. This is based on the possibility that your child may need to attend the same level again, depending on his or her skill level at the end of the course. Not only would your child not be allowed to participate in the next level if you had pre-registered, a refund cannot be given because your child is preventing another child from participating.

Q. Can I stay and watch my child participate in swim lessons?

A. Yes. We require a parent/guardian to stay for the duration of the lesson. By watching the swim lesson program, the parent/guardian can listen in to identify what skills need to be perfected in order for the child to advance to the next level.

Q. Can I or my other child swim while swim lessons are being taught?

A. No. Not only does this have the potential of disturbing class, it is also unsafe due to the focus of the Water Safety Instructors and Lifeguards on duty being on the classes taking place.

POLICIES

The City of Killeen is not responsible for lost or stolen items.

REFUNDS

Refunds must be requested at least 7 days before the session begins. We must have adequate time to prepare for necessary instructor assignments based upon attendance. With less than 7 days' notice, a refund will not be permitted. Refunds can be requested using the Application for Refund form found online at www.killeentexas.gov/swim

A doctor's note is required for FULL refund due to extended illness.

A \$5 administrative fee (Refund Fee) is charged for all Refunds (with the exception of refunds accompanied by a doctor's note for extended illness.)

TRANSFERS

Transfers to different hours or different sessions must be requested at least 7 days before the session begins. We must have adequate time to prepare for necessary instructor assignments based upon attendance. With less than 7 days' notice, there will be no transfer to other time slots or sessions.

A doctor's note required for transfers due to extended illness.

RESTROOM POLICY

Children will be allowed to leave class to use the restroom, accompanied by their parent/guardian. However, we encourage you to have your children to go to the restroom before class begins, in order to avoid lost class time.

CRYING

If your child cries excessively the first and second day of class, we may ask you to get in the pool with them, in order to assist in bettering their comfort level. If your child cries after this, transfer (no transfer fee) to a Parent and Tot class or to a later session is recommended. Should this occur, we recommend you take the child swimming at the pool where the lessons are held and work on some swimming skills with them, in order to increase their confidence and comfort in the water.

CANCELED CLASSES

If classes must be canceled, the decision to cancel is made approximately 15 minutes before class time. You may call the pool lesson site 15 minutes before class time to ask the current status of lessons. The pool will be cleared for inclement weather. If **20** minutes of class has been completed, then class counts as completed; if less than **20** minutes has been completed, then a makeup class will be offered on either an additional day or additional time will be made up during the remainder of classes in that session.

If we must get out of the water, instructors will cover required Safety portions of the course. Classes will also be canceled for mechanical problems or unexpected situations affecting health, such as feces or vomit in the pool.

Canceled classes will be made up.

There will be NO REFUNDS for canceled classes.

CLASS ASSIGNMENTS

Children will be given a short swim test on the first day so we may group them according to ability within a class, and determine they are in the correct level. A water safety instructor or pool manager may transfer a student as necessary.

Since many children may forget previously learned skills, we may move a child back to the proper class level, so they may review, practice, and improve their skills to insure they meet class skill prerequisites.

ATTENDANCE

Please be punctual, but if you are late to class, please take your child to the instructor in the pool.

Please do not bring children earlier than 5 minutes before class.

Children who attend all classes will benefit.

EVALUATION OF SKILLS

Evaluations will be done by program supervisors for strokes that students swim for 25 yards or more and evaluations will be done by instructors if the stroke is swum for less than 25 yards.

Evaluations are done on the 7th and 8th days.

Most children require more than one session in a particular level before advancing to the next level. Endurance, coordination, and being comfortable in the water contribute to the student's progress.

Remember that learning to swim is the goal. Remaining in one level for more than one session does not mean the child has not improved. It means more practice is needed to improve current skills and prepare for more advanced skills of the next level. All children will improve with supervised practice and corrective feedback. Practice time outside of class time is beneficial.

CLASS DISCIPLINE

We reserve the right to take children out of classes when they are verbally or physically abusive to other students or instructors, or if they disrupt the class.

SPECIAL NEEDS

If your child has special needs, please indicate any accommodations necessary when you register. We will do our best to accommodate the needs of each and every student.

WAIT LIST

If the class is full you may request to be added to the wait list. This can be accomplished by going to the Family Recreation Center; there is no fee for waitlist registrations. Aquatics staff will contact you if a spot in the class becomes available. If a spot becomes available, payment will have to be made in person at the Family Recreation Center.

CLASS DESCRIPTIONS

Each class provides a recommended age for each level. However, it is most important to base your child's skill off which level they should enter.

Level 1 > Introduction to Water Skills (3 – 5 year olds):

Purpose: Helps students feel comfortable in the water. Participants will learn to: enter & exit the water safely, submerge mouth, nose and eyes, exhale underwater through mouth & nose, open eyes under water to pick up submerged object, float on front & back, explore arm & hand movements, swim on front & back using arm & leg actions, follow basic water safety rules, and how to properly use a lifejacket.

Level 2 > Fundamental Aquatic Skills (6 years & up):

Purpose: Gives students success with fundamental skills. Participants will learn to: enter water by stepping or jumping from the pool side, exit the water safely using ladder or side, submerge entire head, open eyes under water to pick up submerged object, float on front & back, perform front & back glide, roll over from front to back & back to front, tread water using arm & leg motions, swim on front & back using combined strokes, swim on side, and move in the water while wearing a lifejacket.

Level 3 > Stroke Development:

Purpose: Builds on skills in Level 2 through additional guided practice. Participants will learn to: jump into deep water from the side, dive from kneeling or standing position, submerge & retrieve an object, bob with the head fully submerged, use rotary breathing in horizontal position, perform front & back glide, perform survival float, change from horizontal to vertical position on front & back, perform front & back crawl, butterfly kick & body motion, perform the HELP and Huddle position, perform a reaching assist, and use Check-Call-Care in an emergency.

Level 4 > Stroke Development

Purpose: Develops confidence in the skills learned and improves other aquatic skills. Participants will learn to: perform shallow dive from stride position, swim under water, perform feet-first dive, perform open turns on front & back using any stroke, tread water using sculling arm motions and kick, perform the following: front and back crawl, breast stroke, butterfly, elementary backstroke, swim on side using scissors-like kick, use safe diving rules, perform compact jump into water from a height while wearing a lifejacket, perform a throwing assist, and care for conscious choking victim.

Parent and Child Aquatics > Water Familiarity (6 months-3 years)

Purpose: Engages participants in the beginning stages of swimming.

Participants will learn to: Feel comfortable with an adult in the water. With supervision participants will practice submerging. Water is introduced with songs, games and play time. Explore movements in the water using their arms and legs. Follow basic water safety rules, how to be safe in and around the water and tips for the parent/guardian on how to stay safe in and around the water.

SWIM LESSON 2022 SCHEDULE

\$50/participant

Session 1 – June 6-16

8:30am-9:15am

9:45am-10:30am

6:30-7:15pm

7:30-8:15pm

Session 2 – June 20-30

8:30am-9:15am

9:45am-10:30am

6:30-7:15pm

7:30-8:15pm

Session 3 – July 4-14

8:30am-9:15am

9:45am-10:30am

6:30-7:15pm

7:30-8:15pm

Session 4 – July 18-28

8:30am-9:15am

9:45am-10:30am

6:30-7:15pm

7:30-8:15pm