



Butler University Learn to Swim Program

Parent Handbook

Thank you for choosing the Butler Recreation Learn to Swim Program. To make this program an outstanding experience for both you and your child, we have taken past comments and concerns about the program and have addressed them in this Parent Handbook.

Policies

Restrooms

Please make sure that your child goes to the restroom before starting lessons. Children often need to leave during lessons to go to the restroom. The Lesson Coordinator/Instructors will not help take the kids to the bathroom, so if your child needs to use the restroom, you will need to be present to take them to the restroom. If you are taking swim lessons at the same time as your child, you'll need to explain to them how to find you or how to go to the restroom on their own. There are family restrooms located in the pool corridor.

Age Policies at the HRC

A parent or legal guardian must enter the HRC with their children under 16 years old and must accompany them at all times in the HRC.

Lessons

Instructor to Student Ratio

It is our philosophy that a student can effectively learn to swim in a class where the instructor to student ratio is 1 to 6. The instructor can give enough attention to all the students and the children can also learn to work in a group. The Red Cross believes in instructor to student ratio to be 1 to 10 or less. These are group lessons and if you feel that you would prefer your child to get more specific attention from the instructor we do offer private and semi-private lessons.

Swimming Before or After Lessons

If you arrive a few minutes prior to the start of lessons, please keep your child out of the water and behind the blue tile that goes along the edge of the pool. Children should not get near the edge of the pool until their instructors are present and ready to start class. After lessons, if your child would like to swim around, you must be in the water with them for ages 5 and below or directly supervising them for ages 5 and up.

Weather Cancellations

Tornado Warning: If a tornado warning is issued during swim lessons, all participants must get out of the water and go into the locker rooms until it is clear. If the lesson has already gone 20 minutes, it will be considered a full lesson. If under 20 minutes, there will be a make-up lesson scheduled.

Snow Cancellation: Lessons will only be cancelled due to snow if the roads are hazardous to drive.

The decision to cancel will be made one hour before the start time of lessons. Please call 940-4HRC to find out if lessons are cancelled. The lesson will be rescheduled.

American Red Cross Levels

We are offering six levels through the American Red Cross. The requirements for each level are listed below. Your child must pass all the requirements to go on to the next level. It is up to the instructor to decide the proficiency of the students.

Level 1

- ✓ Enter and exit water independently
- ✓ Put face in water for 3 seconds
- ✓ Blow Bubbles for 3 seconds
- ✓ Pick up submerged object, with eyes open underwater 2 times
- ✓ Supported float on front, recover to standing position
- ✓ Supported float on back, recover to standing position
- ✓ Demonstrate rolling over
- ✓ Move independently in water
- ✓ Explore treading with support (arm and hand movements)
- ✓ Kicking on front w/ support, 5 ft.
- ✓ Kicking on back w/ support, 5 ft.
- ✓ Alternating arm action on front and back w/ support, 5 ft.
- ✓ Combined stroke on front w/ support, 5ft.
- ✓ Combined stroke on back w/ support, 5 ft.
- ✓ Discuss importance of following rules
- ✓ Discuss and demonstrate how to get help
- ✓ Wear lifejacket in shallow water

Level 3

- ✓ Jump into deep water and return to side
- ✓ Dive from side in sitting or kneeling position
- ✓ Submerge and retrieve object in chest-deep water
- ✓ 5 bobs
- ✓ Rotary breathing in horizontal position, at least 5 times
- ✓ Front glide with push-off (2 lengths)
- ✓ Back glide with push-off (2 lengths)
- ✓ Survival float and back float for at least 30 seconds
- ✓ Change from vertical to horizontal position on front
- ✓ Change from vertical to horizontal position on back
- ✓ Tread water, 30 seconds
- ✓ Front crawl with breathing, 15 yards
- ✓ Butterfly kick and body position, 15 feet
- ✓ Back crawl, 15 yards
- ✓ Rules for safe diving
- ✓ HELP and Huddle position with lifejackets

Level 2

- ✓ Independently jump into chest deep water and exit water
- ✓ Hold breath and fully submerge head for at least 5 seconds
- ✓ Demonstrate 5 bobs
- ✓ Retrieve submerged objects in shallow water w/ eyes open
- ✓ Unsupported front float for 5 seconds w/ recovery
- ✓ Unsupported back float for 5 seconds w/ recovery
- ✓ Roll over from front to back and vice versa, unsupported
- ✓ Explore treading, unsupported in chest-deep water
- ✓ Flutter kick on front
- ✓ Flutter kick on back
- ✓ Finning and kicking on back for at least 10 feet
- ✓ Basic front crawl, 15 feet
- ✓ Basic back crawl, 15 feet
- ✓ Discuss pool rules
- ✓ Discuss and demonstrate using lifejacket and float for 1 minute
- ✓ Discuss how to recognize a distressed swimmer

Level 4

- ✓ Dive from side in compact or stride position
- ✓ Swim underwater, 3 body lengths
- ✓ Feet first surface dive
- ✓ Survival float and back float, 1 minute
- ✓ Demonstrate open turn on front with push off (2 body lengths)
- ✓ Demonstrate open turn on back with push off (2 body lengths)
- ✓ Tread water for at least 1 minute
- ✓ Front crawl, 25 yards
- ✓ Back crawl, 25 yards
- ✓ Breaststroke, 15 yards
- ✓ Butterfly, 15 yards
- ✓ Elementary backstroke, 15 yards
- ✓ Swim on side with scissors kick, 15 yards
- ✓ Discuss additional diving rules
- ✓ Compact jump from a height with lifejacket
- ✓ Throwing assists
- ✓ Care for conscious choking victim

Level 5

- ✓ Shallow dive from side, glide 2 lengths and start swimming
- ✓ Swim under water, 15 yards
- ✓ Tuck and pike surface dives
- ✓ Survival and back float, 2 minutes
- ✓ Flip turn while swimming on front
- ✓ Flip turn while swimming on back
- ✓ Tread water, 2 minutes
- ✓ Front crawl, 50 yards
- ✓ Back crawl, 50 yards
- ✓ Butterfly, 25 yards
- ✓ Breaststroke, 25 yards
- ✓ Elementary backstroke, 25 yards
- ✓ Sidestroke, 25 yards
- ✓ Survival swimming, 2 minutes
- ✓ Demonstrate rescue breathing

Level 6

- ✓ Front crawl, 100 yards
- ✓ Back crawl, 100 yards
- ✓ Breaststroke, 50 yards
- ✓ Elementary backstroke, 50 yards
- ✓ Butterfly, 50 yards
- ✓ Sidestroke, 50 yards
- ✓ Front crawl open turn, while swimming
- ✓ Sidestroke open turn, while swimming
- ✓ Backstroke open turn, while swimming
- ✓ Breaststroke turn, while swimming
- ✓ Butterfly turn, while swimming
- ✓ Backstroke flip turn, while swimming
- ✓ Demonstrate etiquette in fitness swimming
- ✓ Use a pace clock
- ✓ Use a pull buoy while swimming
- ✓ Use fins while swimming
- ✓ Use paddles while swimming
- ✓ Describe the principles of setting up a fitness program
- ✓ Demonstrate various training techniques
- ✓ Calculate heart rate
- ✓ Apply principles of water exercise

Thank you and have a great time in the pool!



**I Learned to Swim at
Butler University**