

Indiana State University
Recreational Sports
Learn-to-Swim Program

Dear Learn-to-Swim Parent,

I would like to welcome you to the Indiana State University Learn-to-Swim Program. Our goal is to provide water safety instruction in a safe and positive environment. Our program is designed to **1) improve your child's swimming abilities, 2) increase your child's confidence and independence in the water, and 3) alert your child to safety issues in aquatic environments.** Please read the following lesson policies and procedures. Your cooperation will ensure maximum lesson productivity for your child. If you have any questions or concerns regarding these procedures please talk with an instructor or the Instructional Coordinator.

Policies for During Your Child's Lesson

- Please arrive to each lesson on time so our instructors can begin promptly.
- In order to build trust between your child and their instructor, all parents must remain in the bleachers while observing the lesson.
- Our instructors will attempt to encourage all individuals to participate, however, they cannot commit the entire class time to one child.
- Disruptive children will be put in time-out for 2 to 5 minutes, so that other children are not penalized for the behavior of one.
- Please remain in the building during the entire lesson so that you will be available if needed.
- Please do not allow your children in the water before their lesson. They must wait until the instructor is ready to begin class and has entered the water first.

During Your Child's Session

- **Ask Questions:** Your instructor will be present before and after the lesson to answer any questions you may have about your child's placement, progress, behavior, etc.
- **Be Aware of the Pool Rules:** The rules are posted in the pool area. Please assist us by teaching, talking about, and reviewing these rules with your child. A copy of the pool rules are included in this packet.
- **Attend Every Lesson:** The key to your child's progress is through consistent attendance. Missing too many lessons may prevent your child from passing the level.
- **Have Patience:** It is important not to pressure your child to perform before he or she is ready. It is very common for children to repeat the same level until they can complete every required skill.
- **Provide Encouragement:** Encourage your child to do everything, but do not force them to do anything. Be positive and let your child know that learning involves lots of practice and to keep trying.
- **Facilitate Practice and Review:** Try out the skills your child learns at home or during recreational swimming hours. Be sure to give praise as often as possible.

Facility and Staff Information

- Water Temperature: 84 Degrees
- Lifeguards will be present at all times during the lesson
- The ratio of participants to LTS Instructors is 8:1 as recommended by the American Red Cross

Important Dates

- **March 21st**: First Day of Class. Children will be tested to make sure they are in the appropriate level.
- **March 28th**: Class Picture Day. Each level will have its picture taken to be given to each child with their certificate on the last day of class.
- **April 18th**: Test Day. Children will be tested in all of the skills they have learned.
- **April 25th**: Final Class Day. This final lesson will consist of games and water safety education. Children will be given their Class Certificate and Class Picture at the end of the lesson.

Included in this Packet

- **Pool Rules:** These are provided to assist you in teaching and reviewing the rules with your child.
- **Class Certification:** This document will be given to your child on the final day of the class. Your instructor will write a few comments and whether your child should progress to the next level or remain in their current level.
- **Skills Checklist:** This document will be kept and updated by your instructor throughout your child's session. This checklist will assist your instructor in determining whether your child should progress to the next level or remain in their current level.
- **Parent Evaluation Form:** This document can be filled out and handed in on the final day of class. Your feedback is greatly appreciated and we are always looking for ways to improve our program.

If you have any further questions or comments, please do not hesitate to ask.

Thank you,

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