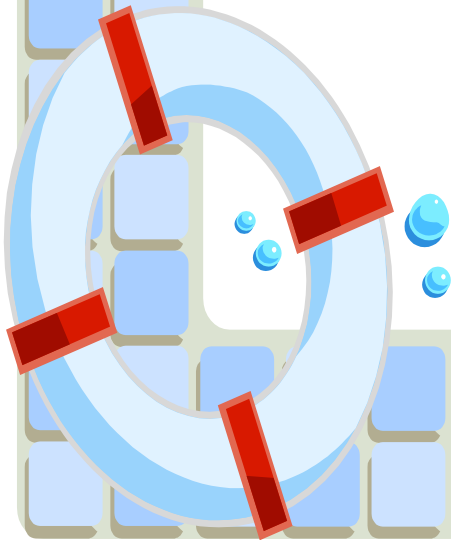
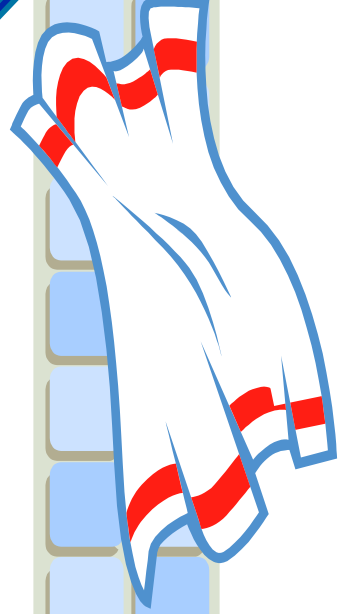




City of Boerne

Parks and Recreation  
Department

SUMMER SWIM  
LESSONS



## General Parent Information

The first and last day of swim lessons are considered Parent Days. On the first day of the session you can help your child get acquainted to the new experience. In addition, on the last day you may bring your camera or video to capture all the new swimming skills they have acquired.

Because children are easily distracted by nearby spectators and the activities of others, we will provide a designated waiting area within the pool facility for spectators (on days other than those designated as Parent Days). We are happy to provide a designated waiting area as long as it does not compromise the quality of the teaching and learning environment.

When spectators remain in the designated waiting area it will contribute to a safe and quiet atmosphere for teaching. Swim instructors will be better able to maintain the attention of their students. In addition, lifeguards will be able to devote more attention to the safety of the children in the pool.

Our goal is to teach your children in a safe and non-threatening learning environment. Our experience has been that we do a better job when we have the cooperation of the parents and visitors, by eliminating excess distractions and activity in the pool area and remaining in the designated waiting area we can provide the optimal learning experience for your child. Thank you for all your cooperation and support!

### **How to help your child have a successful swimming experience**

1. Take children to the pool during public pool hours to let them practice skills taught in class. (It typically takes more than one session of classes for children to master all the skills taught and to advance to the next level).
2. If you see a problem or have a concern or complaint please let someone at the front desk know. We can't make improvements or corrections unless you let us know there is a problem.
3. Always escort your child to his/her class – especially if you arrive late.
4. Please remember when your child's class is over and **BE ON TIME TO PICK THEM UP!** Children are often upset when caretakers arrive late to get them. Arrange with your child a predetermined meeting place after class is over if you don't stay in the designated waiting area. Please tell them that they should come to the front desk and let us know if you are ever late, therefore we can be watchful of them until you arrive.

***Remember each child's developmental and physical activity level is different. Individual differences in children concerning their preferences and prior water experience will influence the way and the pace in which they learn. Instructors and parents must be sensitive to each child's unique qualities. Your child will not become an accomplished swimmer without many hours of supervised practice. Whenever possible take time to practice and reinforce the skills taught to your child.***

**Parent and Child:** Registration for this level requires a parent or guardian to be in the water with the child at all times.

PURPOSE: This level is designed to help young children develop a comfort being in and around water and begin to develop a readiness to swim. This level encourages the child to gain knowledge of water safety and confidence as they begin to learn the fundamentals of swimming with a parent or guardian.

THIS COURSE DOES NOT TEACH CHILDREN TO BE ACCOMPLISHED SWIMMERS NOR TO SURVIVE IN THE WATER.

Class Length: 30 minutes



**Swim diapers are required for all children not toilet trained. The pool must be closed for health reasons when "accidents" occur.**



Class Needs:

- ✓ One parent/guardian must be in the water with the child.
- ✓ Swim diapers must be worn under swimsuit
- ✓ Bring a bathtub toy that floats.
- ✓ Bring a drink and snack for after class. Try not to feed them at least an hour before the class begins. They have a tendency to swallow some water and air; this could cause them to spit up.
- ✓ Children should not be hungry or tired.

## Learning Objectives:

This course uses play and songs as a basic form of learning and provides fun and enjoyment in the water. Some children aren't happy in the water. A child's first experience with the water is important and we strive to make it a very good experience. This basis of this class is **repetition and praise.**

Never convey to your child any fear you may have of the water. Your child should be encouraged and informed of each skill. Emphasize fun and be positive. Please do not compare your child to others. They all progress at their own rate.

If your child is ill or cannot come one day, the parent should still try to come anyway.

Bubble blowing

Bouncing/bobbing in water supported and assisted by parent

Submerge face in water

Introduce entering and exiting water techniques

Float supported (front/back)

Kicks supported (front/back)

Participate in group play activities

Walk on bottom of pool

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**Beginners:** Students registering for this level may or may not be comfortable in the water yet.

PURPOSE: This level is designed to help students become oriented to and feel comfortable in the water. This course begins teaching students the fundamental components needed to continue to build their skills as they progress in the swim program. Basic components to be taught: blowing bubbles, bobbing, floating on front/back, kicks on front/back, enter/exit water independently, submerging face, retrieving objects, and introduction of basic water safety rules.



Swim diapers are required for all children not toilet trained. The pool must be closed for health reasons when "accidents" occur.



Class Length: 30 minutes

## **Learning Objectives:**

### **Water adaptation and safety skills**

Enter and exit water (from side unassisted)  
Walk unsupported in water up to waist for 5 yards  
Blowing bubbles  
Bounce/bobbing 10 times in chest deep water unsupported  
Hold breath and fully submerge face 3 seconds  
Submerge face to retrieve object in waist deep water  
Jump into at least waist deep water and climb out from side  
Learn basic water safety rules (reach/throw don't go, how to call for help)

### **Stroke development skills**

Supported float front advancing to unsupported float by end of class  
Supported float back advancing to unsupported float by end of class  
Supported glide on front advancing to unsupported glide on front  
Supported glide on back advancing to unsupported glide on back  
Supported flutter kick on front  
Supported flutter kick on front  
Introduce arm action on front and combine with kick 5 yards supported or unsupported  
Introduce backstroke arm action

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**Intermediate Beginners:** Students registering for this level should be somewhat comfortable putting their face in the water and have **mastered the skills of the beginner level.**

PURPOSE: This class builds on the beginner level, working on all skills being accomplished unsupported. Fundamental swimming skills are emphasized along with water safety skills.

Basic skills covered will be bubble blowing and breathing control, floating, gliding and kicking on front and back. Students will learn arm movements for front and back crawl and will begin to coordinate and combine the kicks and arms for both strokes. In addition, water safety techniques will be emphasized.

Class length: 30 minutes

## **Learning Objectives:**

### **Water adaptation and safety skills**

Hold breath and fully submerge head 3 seconds

Blowing bubbles

Bounce/bobbing 10 times in chest to neck deep water unsupported

Enter and exit water (from side unassisted)

Level off from standing position to a front float

Turning over from a front float to a back float/back to front

Submerge face to retrieve object in chest deep water

Jump into at least waist deep water and climb out from side

Learn basic water safety rules (reach/throw don't go, how to call for help)

### **Stroke development skills**

Unsupported front float

Unsupported back float

Unsupported front glide pushing off from wall

Unsupported back glide pushing off from wall

Supported flutter kick on front advancing to unsupported flutter kick on front

Supported flutter kick on front advancing to unsupported flutter kick on back

Coordinated arm action on front and combine with kick 15 yards unsupported

Coordinated backstroke arm action combine with kick 10 yards unsupported

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**Advanced Beginners:** Students registering for this class should be competent in the skills at the intermediate level and be comfortable putting their entire head under water as well as being in water over their head.

PURPOSE: At this level students will increase their swimming competency of the fundamental strokes. This includes coordinating alternating arm action and combining it with the kicks for freestyle and backstroke. Students will be introduced to side breathing, treading water and becoming oriented in water over their head.

Class length: 30 minutes

## **Learning Objectives:**

### **Water adaptation and safety skills**

Fully submerge head 5 seconds blowing bubbles underwater  
Enter and exit water independently from water at least higher than chest deep  
Learn basic water safety rules (reach/throw don't go, how to call for help)  
Jump into deep water from side of pool or board  
Bobbing: travel from water slightly over head to safety  
Fully submerge head to retrieve object in chest deep water  
Level off from standing position to a front float  
Turning over from a front float to a back float/back to front  
Jellyfish float

### **Stroke Development skills**

Unsupported front float  
Unsupported back float  
Unsupported front glide pushing off from wall  
Unsupported back glide pushing off from wall  
Unsupported flutter kick on front  
Unsupported flutter kick on back  
Combine glide off wall into kicks front and back  
Coordinated arm action on front, combine with kick 25 yards unsupported (freestyle coordinated stroke)  
Introduce side breathing for freestyle coordinated stroke  
Coordinated backstroke arm action combined with kick 15 yards unsupported  
Introduce treading water  
Introduce breaststroke kick on wall

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**Stroke Readiness**: Student registering for this level should have completed the skills in advanced beginner and must be fairly competent in freestyle and backstroke kicks with coordinated arm action. They should be comfortable in deep water as well as completely submerging their head.

PURPOSE: Students at this level will work to refine freestyle with side breathing, backstroke and increase treading water endurance. They will be introduced to the breaststroke kick with coordinated arm action, butterfly body movement, and the basics of diving and diving safety.

Class length: 30 minutes

## **Learning Objectives:**

### **Water adaptation and safety skills**

Retrieve object, unsupported with eyes open

Bobbing: travel from water slightly over head to safety

Learn basic water safety rules (reach/throw don't go, how to call for help)

Tread water for 3 minutes

Learn basic safe diving rules

Demonstrate poolside dive

### **Stroke Development skills**

Demonstrate streamline push from wall

Freestyle with side breathing 25 yards/meters

Backstroke 25 yards/meters

Demonstrate breast stroke arms

Demonstrate breast stroke kick

Demonstrate combined stroke of breaststroke

Introduce butterfly body movement

Introduce butterfly arms

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