

VPCC Swimming Lesson Program Policies

Transfers –Transfers from one class to another can happen within the first week for any reason depending on availability. After that transfers are not accepted because it is too disruptive to the classes. *Transfers may not be accommodated due to restrictions on class size. **Please take advantage of our One Swim Lesson Only options until you are sure of the exact level your child should be in.**

Absentee Policy – Students must attend only the class in which they are formally registered for, we regret we cannot accommodate requests for makeup classes at other times. Each swimming level has items that must be completed a minimum of 3 times on separate lessons in order for that item to be complete. (According to standards set by the Lifesaving Society) Attendance is important to your child's success in the program. **Please note we are starting with one swim lesson only options and moving into a short swim session. Lessons will be in-water, skills based, with repeated practice of those skills.**

Photo/Video Policy – Photography or videotaping is only permitted from the pool deck and is subject to Deck Coordinator or Manager approval. You **may not take photos or videos from the Spectator Gallery.** All photo and video will be done from the pool deck, with a Lifeguard/Instructor/or Deck Coordinator escort. Please remember outdoor shoes are not permitted on the pool deck, please come prepared with indoor shoes or to go barefoot. **At this time we are not allowing spectators due to physical distancing rules and spacing needs.**

Attire – Attire appropriate for swimming must be worn when participating in a swimming pool program. No outdoor shoes are permitted on the pool deck, only indoor shoes are allowed. **Please ensure you are carrying your outdoor shoes in hand when you come onto the pool deck, do not wear these shoes onto the pool deck, and place them in the boot tray provided at your belongings location.**

Private Swimming Lessons Due to the increased demand for swimming lessons we are unable to block off specific times for private lessons in advance of a registration. Moving forward private lessons will need to be requested through, scheduled by, and the need assessed by the Aquatics Manager. Once registration and wait lists have been sorted we will know if there are spaces to slot in a private lesson. Private lessons will be reserved for patrons 5+ years old, who are struggling in our group program and/or children who have special needs that would be better accommodated in a private lesson. We regret that we may not be able to accommodate all requests. Private lessons fee for 8 weeks is \$160.00. **We will continue to book private lessons on a first come first served, where space is available. Please follow the protocol of calling the front desk, setting your child up as a client, indicating availability. We may only be able to book private lessons one at a time for the first while.**

Deck Coordinators – There are Deck Coordinators on our busy swimming days and as we get busier you will start to see them on a regular basis. The Deck Coordinator is available if you have concerns, questions, or comments and are available to you to make sure your child is having a safe and fun lesson. Please remember that outdoor shoes are not allowed on the pool deck, nor are spectators. The Deck Coordinator will be located midway near the changerooms for you to access at the beginning or end of your child's swimming lesson. **For the first few weeks until everyone gets settled with the process the Deck Coordinator and/or other Aquatic staff will be at check in, in the hallway and on the pool deck to help with transitions through the building and onto the pool deck.**

The First Swimming Lesson – The first swimming lesson is an opportunity for the instructor to screen your child for their basic skills from the previous level to ensure they are in the right class. Should it be found that your child is not in the right level, every effort will be made to find the right class that fits your schedule. **Please understand that it may be difficult to find a better suited class for your child and we may have to cancel the enrollment and credit your account to register another time.**

Mid-way/Fourth Lesson – this is time for you to receive a mini-evaluation of your child’s progress thus far and discuss how you can support your child’s skill development. This will be done between swim classes. Your child’s instructor will have prepared a ticket for you with information needed and it will be handed out either by the instructor or the Deck Coordinator.

The Last Lesson – Please make sure to download your child’s report card before the last lesson and read it. That way if you have questions about how you can continue to facilitate your child’s learning you can ask the instructor and/or coordinator that night. Lessons will end 5 minutes early to facilitate any discussions. **If you** have taken the time to take advantage of the Mid-Way Mini Eval then the report card should be on par with what was discussed. Please do not wait until the last day to bring up concerns or questions that have not been discussed.

While we are running shorter sessions, every day will be a feedback day, done constantly during the swim class.

Throughout all of our swimming classes we model and teach the following Water Smart® education topics: Within Arms Reach, Wear a Lifejacket, Swim to Survive, Swim with a Buddy, Check the Ice.

Report cards – will be located online at <https://swimgen.net/search/ingersoll>. You will search for your child’s report card using the code that is provided. We will provide the code at Mid-Session evaluation time. Once we are settled into our new registration system, your code should not change for the duration of your child’s participation in our program. Please always consult your Mid-Session eval to confirm your child’s participant’s number. Report cards will remain on this website for up to 10 years. You will be able to print any report card your child has received at any time. This system also enables our swimming Instructors to review the most recent report card for your child as well. **Reports cards are still located here, please check here before registering if you do not remember what the last level was that your child completed/that your child should attend. Also, the instructors have posted the mid-session evaluations, skills only not comments, from March 2020.**

My Family Only Swim Lesson:

A My Family only Swim Lessons is a multi-level swim lesson for your household. We can accept a maximum of four people and you must all live in the same household.

Any combination of the following: Two adults/guardians and two children, One adult/guardian and one child, One adult/guardian and two children, Two adults/guardians one child.

***Please note the lesson will be in the Whirlpool area and therefore is limited to the following swim levels: Parent Tot 1-4, Preschool 1-5, and Swimmer 1.**

One Lesson Only Swim Lessons – for the first couple weeks of opening, we recognize that it may have been a while since your child participated in lessons so we are offering the opportunity for registering for a single lesson in order to practice skills and prepare for a session of swimming lessons. *should this remain a popular option, we will continue to offer these on a specific evening in the future as long as it is necessary.

Notice – Adult/Guardian needed to attend swimming lessons:

Due to the current climate and our commitment to safety and teaching children how to swim, we have made some changes to how swim lessons will run. Due to physical distancing requirements, the swim instructor will be teaching from a distance, most often from the pool deck. Because of this, an adult/guardian, who lives in the same house, must accompany swimmers for their swim lesson. This person must be a competent deep end swimmer and must attend the full lesson. This parent/guardian must be over the age of 16 years of age and preference would be for the same gender for ease of dressing room use. All preschool levels and Swimmer classes 1-3 will need an adult/guardian in-water.

Steps to follow and things to expect:

1. You will be sent a link to an online screening tool from the reception desk. You and your child need to complete this form every time you plan to arrive at VPCC and come into the building for a program. *if you do not have to attend the lesson with your child, then you do not have to fill out a form for yourself, just your child.
2. Arrive not more than 5-10 minutes prior to your swimming lesson already in your swim suit.
3. Once you check in at the front desk to confirm that you have filled out the required form, you will proceed to the hallway and follow the hallway and enter the changeroom signified by the GREEN Enter HERE sign. *an Aquatics staff will be placed in this area to assist with this transition.
4. You will proceed through the changeroom, as outlined in the changeroom enter and exit information, SHOWER WITH SOAP AND WATER HEAD TO TOE, then proceed directly to the pool deck and proceed to your swim class location. Please bring an extra towel if you are worried about being cool while waiting. If you do not shower you will be sent back to do so when there is opportunity to.
5. Based on your level you will be assigned a specific area to place your belongings and sit until the Swim Instructor picks you up. You are to remain at this location until the instructor comes to get you, please do not move around the pool deck or allow your child to wander at anytime away from the bench.
6. The areas are at least 2m distant, have hooks for your belongings and a boot tray for you to place your outdoor shoes.
7. The Swim instructor will be wearing a face covering and face shield. They will greet you and ask you to move to the swim lesson location, remaining 2m distant and you will remain 2m distant from all other participants in the transition and in the water during the lesson.
8. The swimming instructor will instruct from the pool deck and should they need to demonstrate something, participants will be asked to get out of the water during the demonstration.
9. After your swim lesson you will proceed to your belongings, gather them and go into the changeroom as outlined in the Enter and Exit document. You will have 5 minutes to change and exit the building.
10. You may not shower after your lesson. You must change and leave.

VPCC How to Have a Successful Swimming Lesson

How to have a Successful Swimming Lesson – to be communicated through registration process:

1. Visit the pool before swimming lessons start. Give your child a tour of the facility.
2. Have fun and swim with your child during an open swim prior to beginning lessons and practice skills they already know.
3. Set realistic expectations with your child and allow your child to feel that there are no expectations to complete a level each session. Swimmers often need more than one set of lessons in order to gain the skills that will allow them to complete a level.
4. If your child has a medical concern or a learning challenge, please speak to the instructor at the first lesson. This will allow us to help your child get the most out of their lessons.
5. All tots who are not potty trained must wear water proof swim diapers. It is absolutely imperative that your child does not wear a regular diaper in the pool. For various reasons this is very unsafe and unsanitary.
6. To continue to educate and promote water safe attitudes around water please remember that you and your children must be invited in to the pool by the Swimming Instructor, remember to use specific cues such as **STOP! LOOK! ASK! for permission** to enter, and **STOP! LOOK! LISTEN! to instruction** from the Swimming Instructor, and **STOP! LOOK! GO SLOW! when entering** any body of water.
7. Per Public Health Regulations **all swimmers are required to shower** with soap and water before going into the pool. Please ensure that you and/or your child are showered from head to toe before coming out onto the pool deck. You may bring extra towels for warmth for waiting purposes.
8. It is important to start teaching your children to be water safe from day one. Swimming Instructors facilitate this by teaching you how to observe and model safe water behavior for your children.
9. Make sure you bring any concerns to the instructor and or Deck Coordinator in a timely manner.
10. It is the policy of Ingersoll Aquatics that should there be questions concerning lessons please first direct your questions to the Swimming Instructor teaching your child's lesson. Should you need more clarification, please do not hesitate to speak to the Deck Coordinator if present, the Front Desk, or the Aquatics Manager. All will be happy to help. Please note communication shall be respectful at all times **and is a two way street**. There is a five minute grace period between swimming classes. Learn your instructors name and please take time to discuss with them your child's progress and any concerns you may have. Please treat the staff here with the same respect you wish to receive from them. **Due to limitations on time and the need for cleaning and disinfection, we are not able to offer these five minute grace periods for questions. If you have the opportunity to ask during the class, please do so, otherwise you will have to email the Aquatics Manager.**

Children progress through Swimming Levels as follows:

Parent and Tot 1 – age progression. For children age 4 months to 12 months.

Parent and Tot 2 – age progression. For children age 12 months to 24 months.

Parent and Tot 3 – age progression. For children age 2-3 years old.

Parent and Tot 4 – age progression. For children age 2-3 who have completed Parent and Tot 3, are not quite ready or old enough to participate in Preschool 1. **Child must be able to follow basic safety rules and instruction from a Swimming Instructor.**

Preschool 1-Preschool 5 – skill progression.

- Must meet the standards of the level by demonstrating the skills required to standard at least 3 times, during the session.
- Preschool programming is for children 3-5 years of age.
- If a child is 5 and has passed Preschool 5 they will enroll in Swimmer 2.
- All other children that are 5 or turn 6 in the preschool program register in Swimmer 1.

Swimmer 1-6- skill progression.

- Must meet the standards of the level by demonstrating the skills required to standard at least 3 times during the session.
- Swimmer programming is for children 5 plus years of age.
- Swimmer programming is designed to meet the cognitive and physical abilities of a child this age.