



Information about the Classes

SwimAmerica is a high-quality program with very defined goals and objectives. Using the Station Teaching Method, children are placed in small groups and move to higher skills as they achieve the advancement goals of their present group. There are 10 stations (or levels) in all. From blowing bubbles to swimming all six strokes, children are rewarded for their efforts every stroke of the way!

Each child will receive a SwimAmerica achievement certificate. Please bring it with you to each class to receive advancement stickers.

- We will make sure your child is in the correct station on the first day of class
- We will test each new student into the SwimAmerica program

Class Information

- A lesson is 35 minutes in length (30 minutes for Baby & Me class)
- Make sure your child is at the pool 5-10 minutes early
- Pre-school students must meet early to put on SwimWay vests
- Normal class size is three students. Classes will never have more than five students unless an emergency arises.
- Locker rooms are available
- Please wear appropriate swim suit. Goggles are optional for Station 3 and higher.
- The Program Director and the Site Supervisor are the only instructors who will test skills for advancement

Parents

- Parents are requested to stay in the bleachers during the lessons
- The coaches are all specifically trained
- If you have a question or concern about the class or coach, please speak with the Program Director or Site Supervisor

Diving Boards - Safety Notice

- Jumping and diving off the diving board is an optional skill!
- Your child is not allowed to jump off the diving board until they have achieved Station 3 or higher
- Children should only go on the diving boards when they have confidence and skills to be independent and safe
- It is very dangerous for you as a parent and your child allowing them to jump into your arms!



How long?

How long will it take to learn to swim? This depends upon the child's age and level of fitness. It takes 30 or more classes (five sessions) for the pre-schooler to learn the basic flutter kick and dog paddle to advance to the regular program.

The average 5-7-year-old may take 5-6 sessions to get to the point of swimming a good freestyle and rhythmic breathing for 25 yards. The American Swim Coaches Association and the United States Navy agree that the skill needed to be safe in most conditions is being able to swim 500 yards of continuous swimming, preferably freestyle swimming stroke.

Older children learn more quickly and most can learn to swim two or more strokes in 20 or so lessons.