

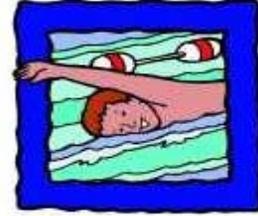
Take the Plunge for Better Health

Frequently Asked Questions about

Swim Lessons

What training have the swim instructors had?

- Each of our instructors is American Red Cross Certified Water Safety Instructors. This is a lengthy certification program, which reviews the proper form for each swim skill, and provides instructional suggestions for teaching those skills effectively. It is mandatory that each instructor exhibit strong swimming skills.



Why are registrations only taken in person?

- You can only register in person and at the pool in which you will be taking lessons. In-person registration allows staff to obtain all necessary information at one time, rather than delaying the child's registration through follow up phone calls. In-person registration also insures your spot and allows us to control the number of students in each class. There is a maximum capacity for the number of students in each class.

How do I choose the appropriate level for my child?

- If your child has never participated in a swim class, or if you are unsure of your child's skill level, a water test is recommended prior to enrolling. If your child is unavailable for a water test, it is in their best interest to enter a "lower" level class. At the start of their first swim class, inform the instructor that you had difficulty in choosing a class for your child. The instructor is then able to determine the class your child should be in.

Can my 6 year-old child, who loves the water but has not had swim lessons, start in Level One?

- Level one is the place to start. Here children will get an orientation to the aquatic environment; as well as be with other children close in age. Should your child be more advanced than those in the class, they will get the opportunity to move into an appropriate level, keeping in mind their age.

Can I sign my child up for multiple classes to give him/her more practice?

- Yes you can because we only offer one session at a time. At the same time, please remember that children learn best through repetition and play. Having your child in a second class, which may teach new skills, can be overwhelming and leave little time for them to play and practice what they have learned. By letting your child play and practice, they learn how to depend on their own skills. This is very important in swim and throughout life.

Can my other children play in the water while one child is taking a lesson?

- No, this is for their safety. Only class participants are allowed in the water during classes.



Who do I go to if I have questions or concerns during swim lessons?

- Each instructor has a small amount of time, right after class when you may ask questions or express concerns. If they are unavailable, please locate the Supervisor who is on duty during lessons. If your questions are still not answered or your concerns are not met, please call the Aquatics Office @ 207-3113.

If the swim classes are being held at an outdoor pool, will they be cancelled when it rains?

- In the event of thunder, lightning, or rain, swimming classes are cancelled. Unfortunately, the main office cannot make a blanket statement that all swim lessons are cancelled due to the various locations. The decision cannot be made until the morning staff is on hand and able to assess the weather conditions. To find out if the pool is opened, closed or swim lessons are postponed, please contact the specific pool.



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