



Learn to Swim

2019

VERSION 2

CITY OF GALVESTON – GALVESTON COMMUNITY POOL AT LASKER PARK
2016 43rd Street Galveston, TX 77550

Message from the Swim Lesson Coordinator

Way to go! Seriously, enrolling your child into a learn-to-swim program is invaluable. Being safe around the water is imperative. Drowning is the leading cause of unintentional death in children ages 1-4. That statistic is heartbreaking. Everyone should know how to be safe around the water, and how to swim. Learning how to swim should be looked at just like learning how to walk.

I found my love for the water when I began swimming competitively at eight years old for the Kansas City Blazers. At 16 years old my family moved to League City, Texas where I continued swimming for Clear Creek High School, and became a lifeguard for Galveston Island Beach Patrol. Working for GIBP was one of the most rewarding jobs I have had, and through the remainder of high school and college I always returned to work for the summer.

After ten great summers working for Galveston Island Beach Patrol I moved on to go work at NASA's Neutral Buoyancy Laboratory as a Safety Diver for Astronaut EVA training. Working there was another great and unique experience that gave me a different perspective on water safety that I had previously not had. The NBL is where I also began helping my colleagues in order to pass the annual swim tests, and I realized that I had a passion and talent for teaching swimming. After four years at NASA, I found myself wanting to work back in the community that I loved and valued so much, which led me to begin working for the City of Galveston at Lasker Community Pool.



Session Schedules & Fees

Sessions	Dates	Days
1	June 4 th -14 th	Tuesday-Friday
2	June 18 th -28 th	Tuesday-Friday
3	July 9 th -19 th	Tuesday-Friday
4	July 23 rd -August 2 nd	Tuesday-Friday
5	August 6 th -16 th	Tuesday-Friday
6	August 20 th - 30 th	Tuesday-Friday
Parent & Child will be single classes.		Scheduled Saturdays
*Each session is 2 weeks (4 classes per week – total 8 classes)		

Fees	
Resident	\$25/Session
Non-Resident	\$50/Session
Scholarships are available.	

Class	Ages
Parent & Child	9 months – 2 years. Must be accompanied by an adult. Adult will be in water with child.
Preschool	3-5 years old
Level 1	6-15 years old
Level 2	6-15 years old. Must pass Level 1 exit exam at Lasker Pool.

No refunds or make-up lessons for cancelled classes. No refund, no make-up lessons, no rain-checks, and no schedule changes for lessons missed. If on scholarship any unexcused absence will nullify eligibility for future scholarships. The swim lesson coordinator reserves the right to use their discretion when determining excused and unexcused absences from class.

Parent & Child		
CLASS	TIME	LENGTH
Saturday, June 15 th	9:00 AM	45 min
Saturday, June 29 th	9:00 AM	45 min
Saturday, July 13 TH	9:00 AM	45 min
Saturday, July 27 TH	9:00 AM	45 min
Primary Instructors: Sarah Hayes, Erica Peace & Kara Harrison		

Session 4: July 23rd-August 2nd		
CLASS	TIME	LENGTH
Level 1 (A)	8:00 AM	45 min
Level 1 (B)	9:00 AM	45 min
Level 1 (C)	10:00 AM	45 min
Level 2 (A)	8:00 AM	45 min
Level 2 (B)	9:00 AM	45 min
Primary Instructors: Sarah Hayes & Erica Peace		

Session 1: June 4th- June 14th		
CLASS	TIME	LENGTH
Preschool (A)	8:00 AM	35 min
Preschool (B)	9:00 AM	35 min
Level 1 (A)	8:00 AM	45 min
Level 1 (B)	9:00 AM	45 min
Level 1 (C)	10:00 AM	45 min
Primary Instructors: Sarah Hayes & Erica Peace		

Session 5: August 6th- August 16th		
CLASS	TIME	LENGTH
Level 1 (A)	8:00 AM	45 min
Level 1 (B)	9:00 AM	45 min
Level 1 (C)	10:00 AM	45 min
Level 2 (A)	8:00 AM	45 min
Level 2 (B)	9:00 AM	45 min
Primary Instructors: Sarah Hayes & Erica Peace		

Session 2: June 18th- June 28th		
CLASS	TIME	LENGTH
Preschool (A)	8:00 AM	35 min
Preschool (B)	9:00 AM	35 min
Level 1 (A)	8:00 AM	45 min
Level 1 (B)	9:00 AM	45 min
Level 1 (C)	10:00 AM	45 min
Primary Instructors: Sarah Hayes & Erica Peace		

Session 6: August 20th- August 30th		
CLASS	TIME	LENGTH
Level 1	4:00 PM	45 min
Level 2	5:00 PM	45 min
Primary Instructors: Sarah Hayes & Erica Peace		

Session 3: July 9th- July 19th		
CLASS	TIME	LENGTH
Preschool (A)	8:00 AM	35 min
Preschool (B)	9:00 AM	35 min
Level 1 (A)	8:00 AM	45 min
Level 1 (B)	9:00 AM	45 min
Level 1 (C)	10:00 AM	45 min
Primary Instructors: Sarah Hayes & Erica Peace		

General Information

- Swim lesson courses follow American Red Cross curriculum and will be led by an American Red Cross Water Safety Instructor.
- The prerequisite for each level is the successful demonstration of preceding level skills, except for Level 1 which has no prerequisites except a minimum age of 6 years. To help determine which level to enroll your child; check off each skill that your child can complete. If all skills are checked off in one level then proceed to the next. If your child is missing one skill, then that is the level your child should be enrolled in. Most students require repetition of a level before competency is acquired at that level.
- Each class will have no more 6 participants enrolled at one time.
- Each child/participant must be accompanied by an adult/guardian. No drop offs.
- Only 1 adult/guardian can accompany the child/participant. Anyone else will be considered a guest to the facility and must pay admission.
- If your child has active diarrhea, they are NOT allowed to enter the pool. This is a health risk for everyone in the pool.
- Do NOT let your child enter the pool if he/she has open cut or blister.
- Arrive at least 10 minutes prior to the lesson. This will ensure that the lesson will begin on time.
- Child must not miss the first day of class.
- Child must not miss more than 2 lessons per session. If child misses more than 2 lessons without proper notification they will be removed from the remainder of the session. If you are unable to make it to a lesson, please notify swim lesson coordinator via e-mail at least 1 hour in advance. In the case of an emergency, please notify swim lesson coordinator via e-mail as soon as possible.

Common Questions

How should I prepare for the lesson/bring to lesson?

- Explain to your child that they are going to learn how to “be safe and have fun around water”. Emphasis fun!
- Goggles are encouraged (nose must be exposed). No other equipment is necessary.
- If child has long hair, it must be pulled back or in swim cap
- Apply sunscreen prior to lesson
- Child must be in a bathing suit. No loose clothing.
- Towel and maybe warm dry clothes.
- Visit facility prior to lesson.

What should I do during the lesson?

- Day 1: Meet the instructor and introduce your child.
- Parents are encouraged to watch and let your child focus on the lesson. Parents should sit on the opposite side of the pool from the class.
- Be available to assist your child if he/she needs to take a bathroom break.

My child is not potty trained, what do I need to do?

- Child must be wearing a disposable swim diaper and/or a pair of plastic pants that feature an elastic leg and waist openings. Swim diapers are recommended, along with the plastic pants. Both are available for purchase.
- Do NOT change child on the pool deck.

What if a class is cancelled?

- Thunder, lightning and/or very heavy rain will cause cancellation of the in-water portion of lessons.
- Lessons will be canceled for at least 30 minutes after hearing thunder or seeing lightning.
- If there is severe weather in the area, call before your lesson.
- We may offer dry land activities instead of cancelling.
- NO REFUNDS and NO MAKE-UP LESSONS for cancelled classes.

Learn-to-Swim Program**Parent & Child**

Purpose: Begin developing positive attitudes, good swimming habits and safe practices in and around the water, for both parent and child. The focus of this class will be to give parents skills that they can take home and continue to work with their child.

Prerequisites: Participant must be at least 6 months old (support own head) and accompanied by adult.

Learning Objectives

- Holding techniques
- Cueing
- Getting wet with toys and kicking
- Entering/Exiting the water by lifting and walking in.
- Blowing bubbles on the surface, and with mouth and nose submerged
- Submerging mouth, nose and eyes
- Front and Back glides
- Front and back floats
- Roll from front to back, and back to front
- Passing from instructor to parent
- Leg actions on front and back
- Lifejacket education
- Water safety

Preschool

Purpose: Begin developing positive attitudes, good swimming habits and safe practices in and around the water, for both parent and child.

Prerequisites: Participant must be 3-5 years old. Pass *Parent & Preschool* exit skills.

Learning Objectives

- Enter and exit water using ladder, steps or side
- Blowing bubbles on the surface, and with mouth and nose submerged
- Submerging mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and Back glides
- Front and back floats
- Recover from a front glide to vertical position
- Recover from a back float or glide to a vertical position
- Roll from front to back, and back to front
- Arm and hand treading actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Introduction to *Longfellow's WHALE's Tales*

Exit Skills

1. Enter water independently, using either the ramp, steps or side; travel at least 5 yards; bob five times; must be then and safely exit the water.
2. Glide on front for 2 body lengths, roll to a back float for 5 seconds and recover to vertical position (this part of the assessment can be performed with assistance).

Level 1-Introduction to Water Skills

Purpose: Begin developing positive attitudes, good swimming habits and safe practices in and around the water.

Prerequisites: Participant must be at least 6 years old.

Learning Objectives

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Introduction to *Longfellow's WHALE's Tales*

Exit Skills

1. Enter water independently, using either the ramp, steps or side; travel at least 5 yards; bob five times; must be then and safely exit the water.
2. Glide on front for two body lengths, roll to a back float for 5 seconds and recover to vertical position (this part of the assessment can be performed with assistance).

Level 2- Fundamental Aquatic Skills

Purpose: Refine fundamental skills learned in Level 1. Learn how to recover from vertical position.

Prerequisites: Participant must be at least 6 years old and demonstrate Level 1 exit skills assessment.

Learning Objectives

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Rotary breathing
- Front and back glides and floats
- Float in a face-down
 - Front float
 - Jellyfish float
 - Tuck float
- Recover from a front and back - float or glide to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action
- Continue *Longfellow's WHALE's Tales* education

Exit Skills:

1. Step into chest-deep water, push off bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for five body lengths, then exit the water.
2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths .