

# Swim Lesson Frequently Asked Questions

## **Arrival Time:**

- Arrive 10 minutes before class time.
- Before class starts, ensure swimmer has used the restroom and is dressed for the water.
- Swimmers should wait in the bleacher area until instructor calls their name.

## **Swimming Attire:**

- Swimsuits or swim trunks are required.
- Longer hair needs to be pulled back and out of face. Do not use hair ties with metal or metal bobby pins/barrettes.
- Goggles are highly recommended for Levels 1 & above, but not required. Some of class will be taught without goggles, to make swimmer less dependent on them.
- Swim caps are optional for students. They may be useful in keeping swimmers warm. Instructors can help students put on any swim caps prior to class.
- A swim t-shirt or moisture wicking t-shirt can provide extra warmth in the potentially cold pool. (*optional*)
- No other equipment (ex. floatation belts or life jacket) is needed

## **Cancellation/Sick Policy:**

- If swimmer is ill -keep them home.
- Make-up sessions and refunds will not be offered unless lessons are cancelled on behalf of a facility maintenance issues, inclement weather, or short on staff.

## **Parent Observation:**

- Family members, parents and guardians are welcome to observe the swim lesson session, observing from the built-in bleacher area or the silver bleachers on the pool deck.
- Do NOT stand or sit next to or near the pool edge during class.
- If a swimmer needs help getting to/from the restroom or help getting a swimsuit on/off, a parent is required to stay on site to take child to the restroom if needed during class.

## **Private vs Group Lessons?**

- Group lessons are typically more productive and fun for a child.
- Private lessons can allow an instructor to give a more concentrated effort on skills, specific to the swimmer.
- Private lesson requests are handled by the Aquatic Coordinator.

## **How do I know what level my child needs?**

- Refer to the swim lesson descriptions on the Johnston Community Education website.
- The Aquatics Coordinator can further help on determining which level if needed.

### **How long will it take for my child to learn to swim?**

- Not all students will pass each level the first time and that is perfectly normal.
- The goal should be to progress through all levels of offered swim lessons, however, not everyone has that desire. Some students may find that progressing to swim team is the right choice after level 3.
- Parents should ensure their child can pass a water competency sequence. The Water competency sequence is a universal test to determine if a child is a strong, independent swimmer in or around deep water. *Children of any age should never be allowed to swim without proper supervision from a responsible adult.*

### **Why do I see my child playing or sitting on the side during the lesson?**

- Learning to swim is comprised of many different teaching techniques.
- Swimmers may be playing games to facilitate water comfort and/or learning safety topics to keep them safe in and around the water.
- Instructors will have part of the class performing the skills in the pool while the other half is waiting for their turn to perform the skills for safety reasons. The pool depth is 4ft deep. This makes standing on the bottom impossible for our younger students so swimmers must take turns.

### **Why is my child working on the same things every class?**

- Repetition is key.
- Students will work on the skills required to pass the level as often as possible to help each student prepare for test day and retain the skills

### **What do I do if my child is crying and will not get into the water?**

- Children are often overwhelmed by the pool environment and afraid of being away from parent(s). Trust the staff to help the child overcome their fears.
- Encouraging a child out of their comfort zone can help, while other times, pushing too hard can cause greater fear and resentment of the water. In this case, an instructor may tell a parent that the swimmer is simply not ready for swim lessons at this time.

### **What if my child is misbehaving?**

- Instructors will use positive reinforcement to encourage appropriate class behavior.
- In the case of continued misbehavior, instructors may use warnings, time-outs, and self-identifications of the problem. If that doesn't work, parents will be approached so all can figure out the best way to help the child.

**Please contact Olivia Stephenson,  
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