



PADUCAH PARKS & RECREATION
ALWAYS SOMETHING TO DO!

SWIMMING LESSONS PARENT HANDBOOK

SUMMER 2019

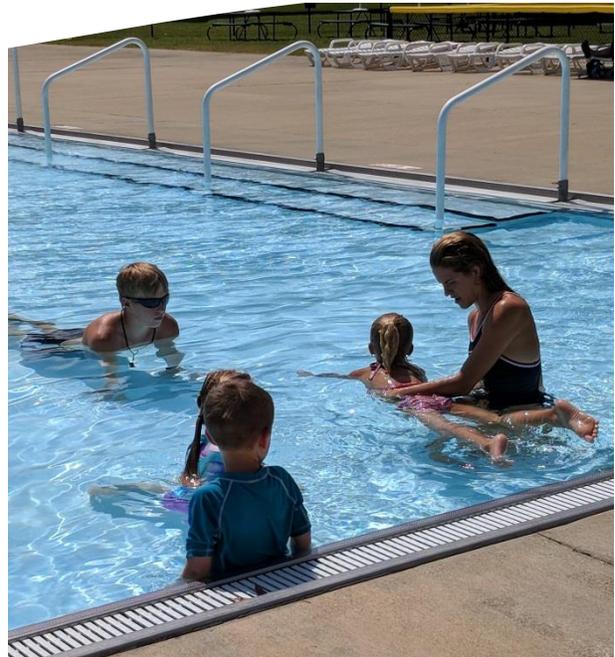


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It is important to review all sections of the Parent Handbook before enrolling your child in swimming lessons. To help determine what level a child should be enrolled in, ask yourself “can my child perform all of the skills listed in this class?” If the answer is yes, then enroll your child in the next level. If the answer is no, then that is the level in which they should be enrolled in.

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CONTACT US

Paducah Parks & Recreation Office: 270-444-8508

1400 HC Mathis Drive, Paducah, KY

Noble Park Pool: 270-408-4119 (Operating Hours Only)

2915 Park Avenue, Paducah KY

SESSION SCHEDULES AND FEES

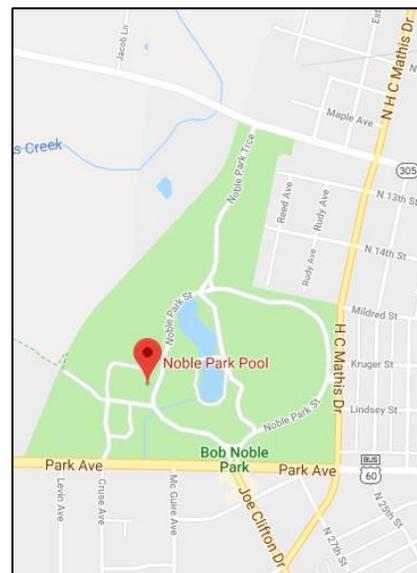
SESSION	DATES	CLASSES (WEEK 1, WEEK 2)
I	June 4- 13	TUES-THU, TUES-THU
II	June 18-27	TUES-THU, TUES-THU
III	July 9-18	TUES-THU, TUES-THU

CLASSES	AGES	SESSIONS	TIMES	DURATION	FEES	MIN/MAX
LEVEL 1	4+	I - III	10:45, 5:15	60 MINUTES	\$40	2/6
LEVEL 2	5+	I - III	10:45, 5:15	60 MINUTES	\$40	2/6
LEVEL 3	5+	I - III	10:45, 5:15	60 MINUTES	\$40	2/6
LEVEL 4	5+	I - III	10:45, 5:15	60 MINUTES	\$40	2/6
LEVEL 5	5+	II & III	10:45, 5:15	60 MINUTES	\$40	2/6

HOW TO FIND NOBLE PARK POOL



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GENERAL INFORMATION

It is our goal at Paducah Parks & Recreation to provide a high quality aquatic program that teaches participants of all abilities how to be safe in and around the water, as well as proper swimming skills and techniques. Learning to swim is an essential skill that all children should learn. This program is designed so children progress and improve consistently. Each level is a stepping stone to the next level. Skipping levels may result in incomplete knowledge and skill. When your child has passed the final level of swim lessons, he or she should be able to swim on their own confidently. When a child achieves a certain level of comfort in the water, it will increase their confidence and commitment to continuously improve on more levels and level objectives. This process is a joint effort between the instructor and the parent—both of which are crucial to the success of the child.

REGISTRATION

Registration and payment may be done in person at the Paducah Parks & Recreation office located at 1400 HC Mathis Drive or over the phone at (270) 444-8508. Registration for Swimming Lessons begins April 1, 2019.

When you are registering for a class, please consider your own summer schedule. It is very important that your child attends every class in the session in order to learn the skills and pass the level.

CANCELLATION POLICY

If you cancel your registration for swimming lessons the Friday before the sessions begins or earlier, you will receive a full refund. If you cancel your registration on or after the Monday before the session begins, you will only receive a 50% refund from your total.

SAFETY INFORMATION

- Successfully passing swimming lessons does not ensure against drowning.
- Panic is the major cause of drowning; even a good swimmer can panic.
- At all times, parents should actively watch their children at the pool, even when there is a lifeguard on duty as parents know their child's ability and can spot a problem quickly.
- Never assume that a child is safe in any sort of water toy, including rings, floats, noodles, and kickboards. These can give the child a false sense of security, or they may lose control of the float and find themselves too far from the side of the pool or in dangerous waters.

LESSON PLACEMENT

Please refer to the swim level class descriptions in this handbook to assist in registering for the appropriate level. Please contact us if you have any questions or are coming from another program and are unfamiliar with our lesson program. It is recommended to register your child for the previous level taken if your child has not taken swimming lessons in the past three months, even if your child successfully completed that level last year. Children, especially young children, lose their "swim condition" after long breaks, and reviewing skills is very helpful. Only on the first day of class, instructors may move a child up or down a level based on their ability in the water at that time.

QUESTIONS AND CONCERNS

For questions or concerns about individual progress of participants, please see the instructor for the class. For questions or concerns about program policies or individual classes, please see the Pool Manager or a full time Recreation staff member from Paducah Parks & Recreation.

POLICIES

RESTROOM USE

Please encourage your child to go to the bathroom before class. All children must be completely toilet trained to use the Noble Park Pool. Before each class, the instructors will lead the children to the locker rooms to use the shower before entering the pool. During class, if a child needs to use the restroom, the instructor will escort the child to the locker room unless their parent is available to do it. Children who are late need to shower before entering the pool.

CONDUCT

Instructors reserve the right to put a child in the penalty box or remove children from class if they are disruptive or verbally or physically abusive to other students or instructors. Refunds are not given if a child has to be removed from class.

PARENT OBSERVATION

We ask that parents and other family members use the chairs and benches around the perimeter of the pool deck to watch their children during lessons.

PROGRESSION OF CLASSES

Each participant will progress to the next level only when the participant can perform ALL of the advancement skills from the previous level and pass the swim level test for that class. Please remember children learn at their own pace. It is not uncommon for participants to repeat a class. To fully understand the requirements to progress to the next level in a class, speak with the Instructor, or Pool Manager.

REPORT CARDS

Report cards are given out after the last day of each session and will evaluate the participant's accomplishments. This will outline whether they should advance to the next level, should repeat the class, or which skills the child must develop prior to advancing to the next level.

CLASS CANCELLATIONS

Thunder, lightning and/or very heavy rain will cause cancellation or possibly a delay of swimming lessons. In addition, a fecal incident in the pool earlier in the day may cancel the evening swimming lessons. Fridays are designated as make up days in the event of cancellations and lessons will occur at the regularly scheduled time. If we know of a cancellation ahead of time we will make every attempt to call the parents. We also post cancellations on our Facebook page, on the front door of the pool building, and on our cancellation line.

Paducah Parks & Recreation Cancellation Line: 270-444-8621

POOL RULES FOR YOUR SAFETY

Noble Park Pool Rules

- All swimming patrons must wear proper swim attire.
- Non-swimming patrons must stay out of the water at all times.
- Children under 10 years must be accompanied by a supervising adult.
- All swimmers in main pool must be completely toilet trained. Swim diapers are prohibited in main pool.
- Running, horseplay, rough housing, outside food and drink, talking to lifeguards, and profanity are prohibited.
- Patrons using diving area must pass swim test prior to use.
- All food and drink must remain in the grassy areas.
- Be respectful and have fun.

Swimming Lessons Rules

- Children should wait on the pool deck for their instructor before every class.
- All participants and family members must also be respectful of the teacher and other children in the class.
- All swimmers must shower before entering the pool area.
- Instructions of the class instructors and lifeguards must be obeyed.
- For the safety of yourself and other please do NOT swim if you have a cold, diarrhea, excessive sunburn or unhealed abrasions.
- Please arrive on time for your lessons
- Be positive and provide encouragement to all of the participants

FREQUENTLY ASKED QUESTIONS

Q: What if I cannot make every swim class?

A: There are no make-ups or refunds for missed classes. Please speak to a pool manager or supervisor if your child has a medical emergency and is unable to participate, or if you know ahead of time they will miss a class for special circumstances.

Q: What if I do not know which level to register my child for?

A: Call the Paducah Parks & Recreation office and ask to speak to a Recreation staff member. They will discuss with you required skills for each level and may even set up a swim test for your child depending on if the Noble Park Pool is open or not.

Q: What causes fear of water?

A: Some of the more common causes of early fear of the water have to do with the way parents or caretakers relate to their children in and around water. These causes can include the following:

- Being raised by parents/guardians who are afraid of the water and have communicated this fear to their children;
- Being raised in an environment that prevents childhood water play, whether as a result of lack of opportunity or parental actions;
- Being forced into water activities beyond the ability or comfort level;
- Being carelessly handled in water experiences; and/or being involved in, or witnessing a traumatic water accident.

Q: What do I need to bring to class?

A: A proper swim suit, towel, and footwear (flip flops/water shoes). Goggles are also encouraged. Please do not wear swimsuits that have flotation devices built into them. Please make sure to keep close track of your possessions and marking your items with your name is recommended.

Q: Why are my kids playing games during swimming lessons?

A: Games can help teach kids to be comfortable and have fun while they are in water and reinforce skills that they are learning in class. Games are a useful tool in teaching children how to swim.

Q: How many lessons is it going to take for my child to swim?

A: Children vary widely when it comes to learning a skill. Each child's readiness is influenced by physical development, previous experiences, home environment, parental attitudes, and individual preferences. For most skills, these are simple prerequisites, activities, and lead-ups that can prepare the child to perform these skills. Please note that it is normal for children to repeat levels multiple times.

Q: How many levels should my child complete?

A: Your child should complete all of the swimming lessons levels to develop a full swimming competency. It may take several seasons for a child to successfully complete all levels. If he or she only swims during the summer months, skills will diminish. It is recommended to register your child for the previous level taken if your child has not taken swimming lessons in the past three months, even if your child successfully completed that level last year. Regular practice is necessary to keep skills and progress to the next level.

Q: Will my child be 'drown-proof' after participating in swim lessons?

A: Participation in any swim lesson program does not 'drown-proof' your child. It is only the first step in developing your child's water safety and swimming skills. Year round practice, regular exposure to water, and positive encouragement are the tools needed for developing your child's comfort level in water and improving his or her swimming competencies and abilities.

CLASS INFORMATION

Level 1:

Objectives:

- Introduction to Water Skills for kids ages 4+. There are no prerequisites for Level One.
- Introduce basic aquatic skills, which participants continue to build on as they progress through Swimming Lessons
- Participants start developing positive attitudes, effective swimming habits and safe practices in and around the water.

Skills:

- Enter and exit water independently
- Blow bubbles
- 5 bobs
- Retrieve a submerged object
- Front float
- Assisted Back float
- Alternating arm action
- Front glide, 2 body lengths
- Kick on Front
- Kick on back
- Roll from front to back (assisted)
- Roll from back to front (assisted)

Water Safety Topics:

- Staying safe around water
- The danger of drains
- Recognizing the lifeguards
- Don't Just Pack It, Wear Your Jacket
- Recognizing an emergency
- How to call for help
- Too Much Sun Is No Fun

Level 2:

Objectives:

- Fundamental Aquatic Skills for kids ages 5+
- This level marks the beginning of true locomotion skills.
- Participants learn to glide and float without support and recover to a vertical position.
- Participants further develop simultaneous and alternating arm and leg actions on the front and back, laying the foundation for future strokes.
- New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced.

Skills:

- Enter water by jumping in feet first
- Open eyes underwater and retrieve submerged object
- Front float 15 seconds
- Back Float 15 seconds
- Combined arm and leg action on front for at least 5 body lengths
- Rhythmic breathing on front
- Combined arm and leg action on back for at least 3 body lengths
- Finning arm action on back
- Roll from front to back independently, recover to vertical position
- Roll from back to front independently, recover to vertical position

Water Safety Topics

- Staying Safe Around Water
- The Danger of Drains
- Recognizing an Emergency
- How to Call for Help
- Look Before You Leap
- Reach or Throw, Don't Go
- Too Much Sun is No Fun
- Don't Just Pack It, Wear Your Jacket
- Think So You Don't Sink

Level 3:

Objectives:

- Stroke Development for kids ages 5+
- The goals are to expand proficiency of previously learned skills by providing additional guided practice.
- Participants learn and practice survival floating and learn to swim front crawl and elementary backstroke at rudimentary proficiency levels.
- You introduce the scissors and dolphin kicks and extend the time duration for treading water.
- Participants also learn rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside.
- New and previously addressed water safety topics are included.
- Participants who successfully complete Level 3 have achieved basic water competency in a pool environment.

Skills:

- Jump into deep water from the side and recover to surface, then tread water 1 minute, rotate one full turn and exit the pool
- Headfirst entry from the side in standing position
- Headfirst entry from the side in kneeling position
- Front crawl with rhythmic breathing, 25 yards
- Elementary back stroke, 15 yards
- Rhythmic breathing at least 15 times
- Breaststroke kick, 15 yards
- Scissor kick, 15 yards
- Demonstrate dolphin kick

Water Safety Topics:

- Reach or Throw, Don't Go
- Think Twice Before Going Near Cold Water or Ice
- Look Before You Leap
- Developing breath control safely
- Making good decisions—choosing an exit point

Level 4:

Objective:

- Stroke Improvement for kids ages 5+
- Participants improve their aquatic skills and increase their endurance by swimming the strokes learned in Level 3 (i.e., front crawl, elementary backstroke) for greater distances and with more advanced proficiency.
- Participants add arm actions to the previously learned scissors kick and breaststroke kick to perform the rudimentary sidestroke and to learn the breaststroke.
- Participants also begin to learn the back crawl and butterfly, as well as the basics of performing a simple open turn at a wall.
- To teach kids about how to be safe in and around the water.

Skills:

- Front crawl with rhythmic breathing, 25 yards
- Elementary back stroke, 25 yards
- Back crawl, 15 yards
- Breaststroke, 15 yards
- Sidestroke, 15 yards
- Butterfly kick, 15 yards
- Demonstrate butterfly arms
- Tread water 2 minutes
- Swim Underwater (3 lengths)
- Headfirst entry from the side in compact position
- Headfirst entry from the side in stride position

Water Safety Topics:

- Reach or Throw, Don't Go
- Look Before You Leap
- Think So You Don't Sink
- Recreational water illnesses
- Too Much Sun is No Fun

Level 5:

Objective:

- Stroke Refinement for kids ages 5+
- Participants refine their performance of all six strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase the distances that they swim.
- Participants also learn to perform flip turns on the front and back

Skills:

- Front crawl, 50 yards
- Elementary back stroke, 50 yards
- Breaststroke, 25 yards
- Back crawl, 25 yards
- Sidestroke, 25 yards
- Butterfly, 10 yards
- Front flip turn
- Tread water 5 minutes
- Shallow Angle Dive from the side
- Shallow Angle Dive, glide 2-3 body lengths and begin any front stroke

Water Safety Topics:

- How to call for help and the importance of knowing first aid and CPR
- Recreational water illnesses
- Reach or Throw, Don't Go
- Look Before You Leap
- Think So You Don't Sink
- Think Twice Before Going Near Cold Water or Ice
- Wave, Tide or Ride, Follow the Guide