

Cedar Hill Lesson Program

Parent Packet

This packet will let parents know our procedures and hopefully answer all of your questions. Our mission is to produce safe, skilled, happy swimmers and instill a lifelong love of the water by providing a high-quality, educational, developmentally sound swimming instruction program in a fun, safe environment that encourages every swimmer to fulfill their potential. The backbone of our program is based on the nationally recognized program, American Red Cross. Our swimming instructors have been professionally prepared to offer your child the very latest in teaching and learning. Our instructors have completed rigorous training and receive on-going supervision of their instruction.

What to Wear

Appropriate swim attire (i.e. swimsuit, swim trunks, etc.) is required for everyone entering the pool. Street clothes, cut-off shorts, athletic apparel, basketball shorts or any apparel deemed inappropriate by the staff. Parents participating in a class must also wear approved swim attire. Anyone not wearing proper swim attire will be asked to observe class from the side of the pool until proper swim attire can be acquired.

General Information

This could be your child's first session of swimming lessons or lessons of any type. Some will be nervous or timid. Here is a list of information that will help you:

- ❖ On the first day please arrive 10 minutes early to be introduced to your child's instructor.
- ❖ Please apply sunscreen to your child at least 30 minutes before class.
- ❖ Children not potty trained must wear a swim diaper. Diapers are available for purchase at the facility if you do not have one.
- ❖ Outside food and drinks are not allowed in the facility. Join us for a snack at our very own concession stand located at staff office.
- ❖ Please do not have your child wear full face masks.
- ❖ Your child may wear goggles, but they are not required.
- ❖ Make sure your child has their own towel to dry off with.
- ❖ We recommend your child wear flip flops, as the pool deck can become very hot.
- ❖ There is no childcare provided for siblings during classes. They must be supervised by a responsible person 16 years of age or older.
- ❖ The baby pool is closed during lessons.
- ❖ If the student is repeatedly late, it could inhibit his/her progress.
- ❖ While supervision is encouraged, we ask that parents stay back from the pool to

prevent distractions throughout the lesson.

- ❖ We also ask that your child NOT enter the water until the instructor is present and instructs them to do so.

Progression

Once your child's class is over, the instructor will make sure all the students exit the water immediately. During this time we encourage parents to communicate with their child's instructor about how their child is doing. If you have a concern about your child's class, please bring it to our attention as soon as you make the observation which will make it possible for us to respond immediately. If we don't receive a concern until the end of the session, we don't have the opportunity to address the issue. Please don't be discouraged if your child does not pass the first time. Several levels require skills that may take more than one session to complete.

- ❖ For a child to pass a level, he/she must complete all of the critical skills.
- ❖ In order to validate completion of stroke skills, be sure that the student has demonstrated the standards listed in the American Red Cross and City of Cedar Hill Lesson Letters, and that he/she can swim the required distance comfortably. If you are unsure, ask the Recreation Coordinator for help.

Knowledge

We will teach your child the importance of swimming progressions. For each stroke the progression should be: body position, kicking, arms (pulling), breathing, timing/coordination, and rhythm. The instructors will plan a static drill followed by a fluid drill when teaching a new skill. We will train swimmers the importance of stroke technique and to become a well-rounded swimmer.

- ❖ We will challenge each student specifically on the skills that he/she needs. Each student will progress at different rates. Children will develop a more positive self-image through personal achievement and learn that if they spend enough time on a task, they will eventually become better at it
- ❖ A child's ability to swim underwater is fun and certainly of value, but it is not considered an essential swim skill.
- ❖ A child's ability to swim with his/her head out of water continuously is also not considered an essential swim skill.
- ❖ We will encourage swimmers to reach their full potential while having fun.

Ratio of instructors to student:

Occasionally, we must temporarily increase the number of students per instructor, but these are the ratios for which we strive:

Class	Instructor	Students
Waberbabies	1	10
Beginning Preschool	1	4
Intermediate Preschool	1	4
Advanced Preschool	1	4
Level One	1	5



Level Two	1	5
Level Three	1	5
Level Four	1	5
Level Five	1	5
Level Six	1	5
Youth Aquatic Conditioning	1	5
Adapted Aquatics	1	4
Teen Beginner	1	6
Teen Intermediate	1	6
Adult Beginner	1	6
Adult Intermediate	1	6

Sessions

- ❖ Weekday lessons consist of 8 lessons, Monday through Thursday for 2 weeks.
- ❖ Weekend lessons consist of 4 lessons on Saturday.

Account Information

Our primary means of communication with you is by phone. When your information changes let us know by contacting the Parks and Recreation Administrative Office, the Alan E. Sims Cedar Hill Recreation Center, Crawford Park Pool or by sending an email to cchrec@cedarhilltx.com. Keeping your phone number current will ensure that you receive information in a timely matter.

Weather

With regard to the lightning and thunder policies for the City of Cedar Hill programs, we follow the guidelines established by both the National Weather Service and the National Lightning and Safety Institute that state if lightning is seen or thunder is heard, swimming pools should be closed for a minimum of 30 minutes. This policy is followed by the Manager on Duty regardless if clouds are present or patrons have heard the thunder or seen the lightning.

While we have no control over the weather, we do want to proceed with swim lessons as often as we are safely able. We will have lessons in the rain if there is no lightning or thunder, and if the Manager on Duty can see the bottom of the pool. Weather conditions can change at a moment's notice. We will make every effort to notify you when we cancel lessons. Our primary means of communication with you is by phone. If you live a considerable distance from the pool, you may try calling the pool directly at 972-291-5318, but there is no guarantee that your class status won't change before you arrive at the pool. Please, do not call the Alan E. Sims Cedar Hill Recreation Center or the Parks and Recreation Administrative Office as they do not always know the status of classes during inclement weather.

Make-Up Policy

The days listed below are when we will make up our lessons due to weather or mechanical issues. Classes will only be made-up if the City of Cedar Hill closes the pool, not if a student does not attend a regularly scheduled class. We will try our best to adhere to this schedule, but since weather and mechanical issues are unpredictable things may change. Crawford Pool Staff will do their best to communicate any changes to our patrons.

Weekday (Monday-Thursday) Lessons

Session 1: June 4th-June 14th

- ❖ Classes cancelled between June 4th and June 7th will be made up June 8th at their normally scheduled time.
- ❖ Classes cancelled between June 11th and June 14th will be made up June 15th at their normally scheduled time.

Session 2: June 18th-June 28th

- ❖ Evening classes cancelled between June 18th and June 21st will be made up June 22nd at their normally scheduled time. Morning classes cancelled between June 18th and June 21st will be made up June 29th or July 2nd (if another cancellation occurs).
- ❖ Classes cancelled between June 25th and June 28th will be made up June 29th at their normally scheduled time.

Session 3: July 9th-July 19th

- ❖ Classes cancelled between July 9th and July 12th will be made up July 13th at their normally scheduled time.
- ❖ Classes cancelled between July 16th and July 19th will be made up July 20th at their normally scheduled time.

Session 4: July 23rd-August 2th

- ❖ Classes cancelled between July 23rd and July 26th will be made up July 27th at their normally scheduled time.
- ❖ Classes cancelled between July 30th and August 2nd will be made up August 3rd at their normally scheduled time.

Weekend (Saturday) Lessons

Session 5: June 2, 16, 23, 30

- ❖ Saturday classes cancelled between June 2nd and June 30th will be made up July 1st at their normally scheduled time.

Session 6: July 7, 14, 21, 28

- ❖ Saturday classes will be made up on August 4th at their regular scheduled time.

We will not give make-ups for lessons missed due to illness, tardiness, vacations, etc.