

Swimming Lessons 2014 - FAQs

1. How do I know if my child should be enrolled in a non-swimmer or swimmer session?

Your child is a **swimmer** if he or she meets the following criteria:

- Is comfortable in and not fearful of the water, including the deep end.
- Can float on his or her back for at least one minute.
- Can tread water for 30 seconds.
- Has a basic understanding of elementary strokes - front crawl (freestyle) and elementary backstroke.
- Can swim front crawl with face in the water and rhythmic breathing for approximately 15 yards without stopping or touching the side/bottom of the pool.

2. Why are there only 3 children in a session?

Our lessons are semi-private and our instructors work with the group and with each child individually according to that child's abilities. This individualized attention would not be possible with groups larger than three. This small class size also minimizes the amount of time children wait at the pool wall while an individual student works with the instructor.

3. My child is almost three. Can I enroll him or her in swimming lessons?

VSU Continuing Education swimming lessons are for children ages 3 and up. While there are no upper age restrictions, we cannot enroll children younger than 3 years of age. For reasons of public health and safety, it is the policy of VSU Student Recreation Center that children must be fully toilet-trained.

4. Can I sit inside by the pool to observe my child during the lesson?

No. For the safety of everyone, we ask that all adults and children who are not enrolled in the current swimming session sit either outside on the sun deck or on the seating provided at the far end of the pool during the session. This will ensure distractions are kept to a minimum so that your child stays focused on the lesson and receives the greatest benefit from the instruction.

5. May I bring other children with me to my child's swimming lesson?

Yes. We understand that it is not always possible to leave siblings at home. However, you will need to stay with them on the sun deck adjacent to the pool. If you are using the indoor seating area, children not taking lessons must be supervised at all times. Please be aware that it is the policy of VSU's Student Recreation Center that no one under seventeen is permitted in the facility. We have been granted special permission to conduct swimming lessons for children. Children who are not registered for swimming lessons must be supervised at all times on the sun deck or indoor seating area.

6. Are changing rooms/restrooms available?

Yes. A family changing room with restrooms is available for your use. Please note, for security and your child's protection, parents and children attending the swimming lessons are **required** to use the **Family Changing** facilities. Parents **must** accompany young children to and from the family changing room.

7. Can my child wear a swim aid such as a life vest during his/her lessons?

Life vests and other flotation devices are not recommended because they limit your child's movements and interfere with learning many of the skills the instructors are trying to teach. Children also learn to become dependent on the vest which is contrary to what the lessons are intended to teach. If you are concerned about safety, please be aware that there is a certified lifeguard stationed right at the pool's edge where the children are swimming and another lifeguard covering the entire pool. There will only be 2 or 3 children at a time in the water with a certified and experienced Red Cross Water Safety Instructor (WSI).

8. What is the policy on make-ups for missed sessions?

Classes missed for personal reasons cannot be made up. However, there are occasions when lessons are cancelled because the pool closes due to inclement weather or other emergency. Classes will proceed as scheduled in the event of rain, but will be cancelled if there is lightning in the area. Every effort will be made to contact parents/guardians in advance when sessions are cancelled; however, due to the unpredictability of the weather, advance warning may not be possible. We will also make every effort to reschedule cancelled classes. Makeup sessions will be scheduled to best meet the group's availability, but makeups will not be conducted individually. Please talk to the instructor in the event a class is cancelled or postponed due to storms.

9. Can I sign the waiver on the first day of class?

Yes. Waivers signed by a parent or guardian **must be signed before** the child begins the lesson. For your convenience, waiver forms are available on our website at www.valdosta.edu/conted. Click on "Kids' Stuff".