

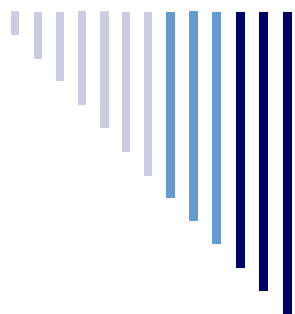
Swim Parent Handbook

City of Deer Park

Parks and Recreation-Aquatics

Summer 2019

<https://www.facebook.com/DeerParkTX.ParksandRecreation/>

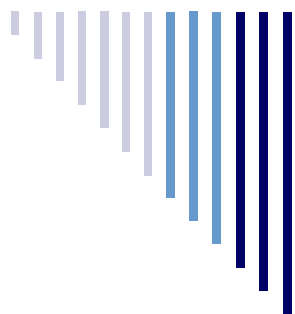


Session schedules and fees

SESSION	DATES	CLASSES
I	June 4-14	Tues-Fri (mornings)
II	June 18-28	Tues-Fri (mornings)
III	July 9 - 19	Tues-Fri (mornings)
Saturdays	June 15– July 20	Saturdays (mornings)
Private Swim Lessons	June 6 - July 27	Tuesdays and Thursdays (exclusive times, see below)

Dow Park Pool

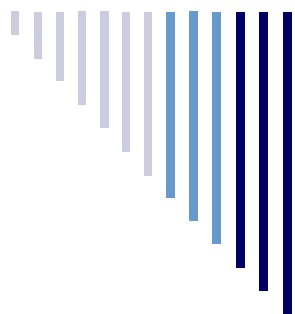
Classes	Ages	Sessions	Times	Duration	Fees
Water Exploration	3mon-3yrs	I-III, Sat	9am/10am	30 min	\$40/child
Pre-School I	3yrs-4yrs	I-III, Sat	9am/10am	30 min	\$40/child
Pre-School II	5yrs	I-III, Sat	9am/10am	45 min	\$50/child
Beginners	6+ yrs	I-III, Sat	9am/10am	45 min	\$50/child
Advanced Beginners	6+ yrs	I-III	9am/10am	45 min	\$50/child
Intermediate	6+ yrs	I-III	9am/10am	45 min	\$50/child
Private Swim Lessons	3 yrs—adults	June 15- July 20	4:30pm, 5pm, 5:30pm, 6pm	50 min	\$30/lesson



Parent Tips

Jeff Ellis and Associates swim courses offered at the City of Deer Park are designed to give your child a positive learning experience, teach water safety and swimming skills. **It must be noted that not all children learn at the same rate. It may take more than one session for your child to master the skills within their swimming level. With this in mind, parents play an important role in guiding, caring for, supervising, motivating, and working with their child during this experience in order to enhance learning.**

- **Prepare you child for this experience.** Make opportunities for visiting the pool before the class.
 - **Be on time to class.** Children can get anxious if hurried.
 - **Follow all rules and regulations.** You are responsible for your child's actions. Be a good role model.
 - **Attend every lesson.** Frequent practice is the key to adjustment and learning. Children can regress quickly if not allowed to practice. It is a good idea to encourage a crying or hesitant child to continue attending the class. Just being around the pool and observing the activities can help your child adjust.
 - **Encourage safe practices.** Young children cannot be expected to exercise good judgment and caution.
 - **Have patience.** It is important not to pressure your child to perform before he or she is ready.
 - **Avoid comparisons.** No two children develop at the same rate. Each child learns at a different pace depending on factors such as physical growth, individual development, comfort, practice, and previous experience.
 - **Provide encouragement.** A good rule is to encourage your child to do everything, but not to force them to do anything. Forcing a child will only bring negative results.
 - **Be positive.** Use a positive attitude when correcting behavior or enforcing rules. Discuss what behavior is expected in addition to pointing out what the child has done wrong. Give praise.
 - **Facilitate practice and review.** Practice the skills and activities at home or during the recreational swimming hours at the pool. The bathtub, shower or wading pool is a perfect place for practice.
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General Information & Objectives

WARNING: A certificate from any of our classes does not ensure against drowning.

- ◆ Panic is the major cause of drowning and even a good swimmer can panic.
- ◆ Watch your child at all times, whether at a pool, wading pool, and even with a lifeguard on duty.
- ◆ Never assume a child is safe in a swim ring, inner-tube, float toy, or holding onto a kickboard. They could float into water too deep, lose the floating device, and find themselves too far from the side of the pool.

MEDICAL HISTORIES

- ◆ Students with medical issues should inform us during registration of any special needs.

INSTRUCTORS/AIDS

- ◆ Jeff Ellis Swim Instructors are certified by Ellis and Associates. Swim Aids are City employees assisting the instructor.

SWIM LESSON SURVEY

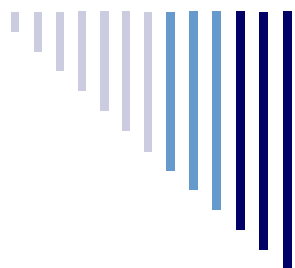
- ◆ We appreciate your comments on our program and instructors. Surveys are sent via email and provide valuable feedback allowing us to improve our swimming program.

OBJECTIVES

- ◆ Provide safety for our students
- ◆ Facilitate a positive, happy experience for our students
- ◆ Teach students to enjoy the water, how to swim, and water safety.
- ◆ Emphasize the ability to get oneself out of dangerous situations.

SWIM ATTIRE

- ◆ All participants must wear proper swim wear when attending swim lessons.
- ◆ No cut-offs, denim, street clothes, or anything unsafe or unclean while swimming.
- ◆ If your child is not toilet trained, the office sells swim diapers for \$2.



Policies

SPECTATOR OBSERVATION

- ◆ **First Day of Class:** Accompany your child to class and sit to observe, see and encourage them. Take this opportunity to meet their instructor this day and ask any questions you may have about the program.
- ◆ **Last Day of Class:** Children get to show off their new skills and you're invited to class to watch.
- ◆ **Other Days:** Designated spectator waiting areas are provided for observation of lessons. You may sit under any shade structure.
- ◆ Sitting or standing directly beside a class is not allowed as this may be distracting to students.
Exception: parents of the pre-school I class (3-4 year olds) are allowed in the water to assist their child if necessary.
- ◆ Pool management can discuss with you any special consideration requiring closer supervision.

HEALTH AND HYGIENE

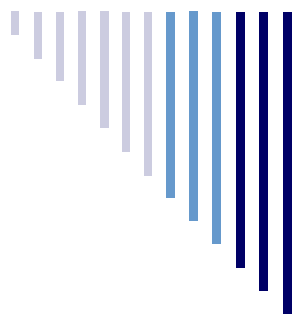
- ◆ Students with open wounds, lesions, contagious rashes, etc. will not be allowed to swim.
- ◆ DO NOT allow children with active diarrhea to go into the pool.
- ◆ An illness accompanied by diarrhea will require a two-week waiting period after the child is well.
- ◆ Swim diapers are required for all children who are NOT toilet trained or are NEWLY toilet trained. Swim diapers are disposable and to prevent pool contamination—MUST BE ONE USE ONLY.
- ◆ To prevent pool contamination, restrooms and baby changing stations should be used for changing clothes and diapers. DO NOT CHANGE DIAPERS OR CLOTHES ON POOL CHAIRS OR CHAISE LOUNGES.
- ◆ The pool closes for obvious health reasons when fecal or vomit contamination occurs.
- ◆ Call 281-478-2055 to discuss refund/transfer when your child's illness requires dropping out of a class.

REFUNDS/TRANSFERS

- ◆ If you would like a refund for the program, you must request it 24 hours before the first class in person or in writing. Refunds must be requested in person at the Parks and Recreation office, Monday through Friday, 7am to 6pm. **Due to the popularity of the swim lesson program, cancellations or requests for refunds after the start date of the program will not be granted.**
- ◆ A doctor's note is required for a full refund due to extended illness.

CANCELLED CLASSES

- ◆ Thunder, lightning and/or heavy rain will cause cancellation of lessons.
- ◆ Bad weather cancellation decisions are usually made 15 minutes before class time. (If possible)



Policies

- ◆ To hear the current status of lessons, call the pool site 15 minutes before class time. 281-478-2055
- ◆ Because of quickly-changing weather conditions, class status may suddenly change.

COMPENSATION FOR CANCELED CLASSES

- ◆ NO REFUNDS for canceled classes. We will do our best to make up cancellations on Mondays or between sessions.
- ◆ NO MAKE-UPS, NO RAIN CHECKS, AND NO SCHEDULE CHANGES for lessons missed for personal reasons.

RESTROOM SAFETY POLICY

- ◆ Children three to five years old (the pre-school classes) will be escorted to the restroom if needed.
- ◆ Children 6 years and up are allowed to go unescorted to the restroom during class time.

CRYING PARTICIPANTS

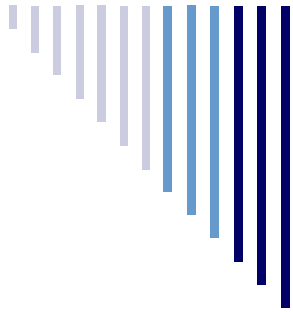
- ◆ To help with adjustment, we may invite a parent to get into the water on the first or second day with their crying child.
- ◆ If the child is unhappy with lessons after the second day, a transfer to the Baby Splashes class may be suggested if possible. This would only pertain to the pre-school class.
- ◆ Taking a child swimming at the same pool during public hours may decrease a child's anxiety.

STUDENTS WITH SPECIAL NEEDS

- ◆ Please indicate at the time of registration any special needs of student.
- ◆ Advance notice is required to plan for the accommodation of special needs.

PRIVATE LESSONS—For those who prefer one on one attention over a group lesson

- ◆ Class length is 50 minutes
 - ◆ Location: Dow Park Municipal Pool
 - ◆ Instructors are assigned by the Aquatics Staff; you are not guaranteed the same instructor each time due to availability
 - ◆ Fee: \$30/lesson/participant
 - ◆ Contact: Dow Park Pool Aquatics Staff
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Class Organization

CLASS PLACEMENT

- ◆ Children are registered initially by the parent based on age and skill.
- ◆ We reserve the right to move a child to a more suitable class based on their abilities.
- ◆ Children must meet the prerequisites for each swim level of swim class.

CLASS DISCIPLINE

- ◆ We reserve the right to remove children if they disrupt class or are verbally or physically abusive.

CLASS PROGRESS

- ◆ Endurance, coordination, and comfort level in the water contribute to the student's progress.
- ◆ Most students require repetition of a level before competency is acquired at that level.
- ◆ Repeating a level means there has been improvement, but more practice, endurance, and coordination is needed to meet the performance guidelines for the more advanced and more rigorous skills on the next level.

STUDENT CERTIFICATES

- ◆ On the last day, all students receive a Jeff Ellis and Associates certificate indicating skills mastered.
- ◆ Certificates also have the instructor's recommendation for the next class to enroll in.

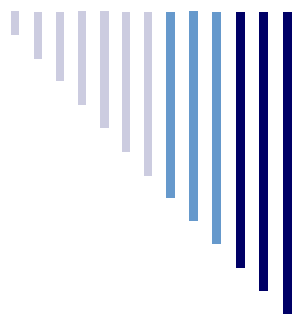
Parent and Child Class

Water exploration & Safety

Ages: 3 months—3 years

Class length: 30 minutes

This is a water activity that the City of Deer Park hosts in an effort to get little ones comfortable in the water. This is to help facilitate the willingness and readiness to learn to swim. This class introduces the basic skills and safety topics to parents and children. This class is certified by Ellis & Associates and is not a rescue swim program such as Infant Swim Rescue (ISR).



Parent and Child Class

Skills introduced in the Baby Splashes class are as follows:

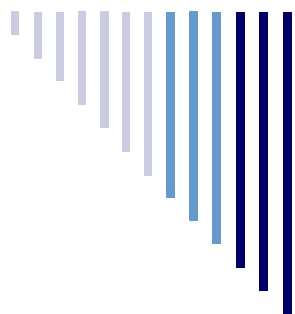
- *Getting wet with toys and kicking
- *Enter/exit water by lifting in/out and walking in/out
- *Out-of-water, in-water, and underwater exploration
- *Blowing bubbles on the surface, and with mouth and nose submerged.
- *Submerging mouth, nose and eyes
- *Front and back floats and glides
- *Roll from front to back and back to front
- *Passing from instructor to parent
- *Leg actions on front and back
- *How to call for help and the importance of and wearing a life jacket.
- *Basic water safety rules
- *Recreational water illnesses and sun safety

Jeff Ellis Swimming offers a comprehensive swimming and water safety program that teaches children how to swim and how to act safely in, on, and around the water. The Jeff Ellis program is based on a 5 step progression that helps swimmers of all ages develop their swimming and water skills from a positive learning environment. **The prerequisite for each level is the successful demonstration of preceding level skills, except for Beginners, which has no prerequisite except a minimum age of 5.**

Preschool Aquatics

Preschool	Ages 3-4	Class length: 30 minutes	Basic water skills & intro to strokes
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- *Submerge Face
- *Bobbing
- *Jumping into the water
- *Front float
- *Back float
- *Front crawl Arms
- *Front glide
- *Back glide
- *Front glide with a kick
- *Back glide with a kick
- *Front crawl
- *Elementary backstroke
- ***Safety Swim** (Student must demonstrate the ability to comfortably perform a safety swim by jumping into chest deep or deeper water and using a combination of the front crawl and elementary backstroke for a distance of 25 yards.)



Swimming Lesson Levels

Beginner	Ages 5 and up	Class length: 45 minutes	Basic water skills & intro to strokes
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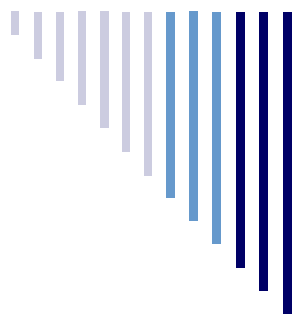
- *Submerge Face
- *Bobbing
- *Jumping into the water
- *Front float
- *Front glide
- *Back float
- *Back glide
- *Front glide with a kick
- *Back glide with a kick

- *Front crawl Arms
- *Elementary backstroke
- *Front crawl
- *Backstroke
- *Intro to breaststroke
- ***Combined Swim Exam** (The student must confidently swim 25 yards of the front crawl, backstroke, and elementary backstroke. Front crawl should be done with the head in the water except for attempts to breathe. Completed without assistance.)

Advanced Beginner	Ages 6 and up	Class length: 45 minutes	Advanced water skills
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- *Submerge Face
- *Bobbing
- *Jumping into the water
- *Front float
- *Front glide
- *Back float
- *Back glide
- *Front glide with a kick
- *Back glide with a kick
- *Front crawl
- *Elementary backstroke

- *Backstroke
- *Breaststroke
- *Intro of Sidestroke Arms
- *Intro of scissor kick
- ***Combined Swim Exam** (The student must confidently swim 25 yards of the front crawl with rhythmic breathing. They must swim 25 yards of breaststroke and 50 yards of the backstroke and elementary backstroke.)



Swimming Lesson Levels

Intermediate	Ages 6 and up	Class length: 45 minutes	Intermediate water skills
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*Front crawl

*Elementary backstroke

*Backstroke

*Breaststroke

*Sidestroke

*Introduction of Dolphin Kick

*Introduction of Butterfly arms

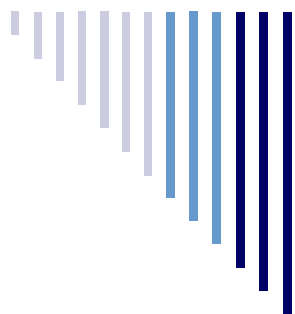
*Butterfly

*Treading water

***Combined Swim Exam** (The student must confidently swim 50 yards using the front crawl with rhythmic breathing, breaststroke, and sidestroke. Student must swim 75 yards of the backstroke and elementary backstroke and 25 yards of butterfly.)

Private Swim Lessons	Ages 3-adult	Class length: 50 minutes	Preschool - Advanced water skills
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The City of Deer Park offers private lessons. Private lessons offer one-on-one attention from our experienced Instructors. Lessons are available to any age and ability level from Pre-school to Advanced.



Additional Aquatic Programs

Aqua Zumba!

Join us for a Zumba party like never before! This is definitely not your typical water workout! Shake, shimmy and sizzle in the water as we create some heat Zumba style! Aqua Zumba is safe, effective and a challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness. Class is limited to 80 people. Please bring water shoes.

7:15-8pm every Monday & Wednesday

Monthly

Sessions: \$55/person

Dive In Movies

Join us for a movie by the pool! Bring a blanket to sit on the deck or your swimsuit to take a dip! Flotation device allowed but must be see-through. Children under 12 must be accompanied by an adult (18+).

Doors open at 7pm. Movie starts at 8:30pm

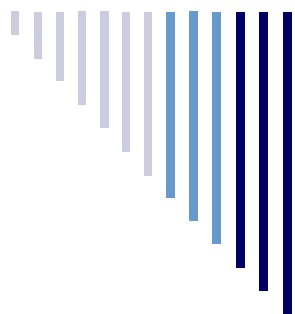
June 14th: Disney's Little Mermaid -PG

July 12th: Aquaman—PG-13

August 9th: Wreck it Ralph-PG

Pool Rules still apply while movie is playing. No over-sized floats.

\$10 per person. Price of admission includes Chick Fil A box and a drink



Additional Aquatic Programs

Ice Cream Social

What is better than swimming at a pool on a hot day? How about swimming and free ice cream!!! Join us at the City Pool on National Ice Cream Day and get a free scoop of Ben and Jerry's Ice Cream!

Sunday, July 14th

2pm

1 free cup of ice cream per person for the first 150 people

Regular admission to pool still applies

Christmas in July (New This Year)

Come out to celebrate Christmas in July at the Dow Park Pool with a Dive-In Movie where we will be showing Elf! There will be pictures with Santa and plenty of Christmas cheer! Don't be a scrooge... Come out and celebrate early!

Friday, July 25th

All ages welcomed!

8pm—10pm

Regular Pool fees apply. \$3/resident, \$5/non-resident

Aquatic Events are not included in the pool membership packages. Should you attend one of our special events, additional registration is required.
