

WHEN IS A GOOD AGE TO START SWIMMING LESSONS?

What can we do to prepare for swimming lessons?

** Any child that is tall enough to touch the bottom of a pool is tall enough for lessons! At our house they need to be 36 inches to their CHIN for a regular lesson!

Children that are shorter than this can take pre school private lessons IF they are ready!

** Any child that is already going underwater and loves to be in water.....is ready for lessons!

WHAT IS YOUR FAMILY DOING TO PREPARE YOUR CHILD FOR SWIM LESSONS?

How do I know if my child is ready for swim lessons?

Have you been taking your children to a pool to play and get used to being in the water?

Are you letting them play in the bathtub with toys and GOGGLES and things that will sink?

Are you letting them stand in the shower so the water runs over their head and face to get them used to that sensation?

Are you telling them it is OK to splash and be splashed by water?

Are you making swimming and playing in water a family priority for family fun and safety?

** If you are doing all these things.....then your child may be ready for swim lessons by the age of 3.

** If you are not doing these things, then your child may struggle in a class or in any water related lesson or activity.

Here is what we have decided as a Swim Lesson Program.

Over the last few years we have relaxed our rules and have not turned away parents if they want a pre school private lesson. What we have found is this.....they are younger every year. They are not being enrolled in a parent and tot class first to get used to the pool. Most will not put their face in the water and quite a few will cry and not want to get in. We are fighting with some to keep them in their short lesson so it becomes something that the kids do not want to do. Many will come to one or two lessons and then drop out.

We have decided that children that are new to our program will need to do a pre test In the water.....to decide if they are ready for lessons. We will do this prior to summer and fall registration so you will not lose your place in line on registration day.

Children that are timid about getting in the pool and are under the age of 2 will be referred to parents and tots before they can do a pre school private.

WHAT WE RECOMMEND TO PARENTS

Make swimming and water play a regular family activity.

Buy a pool pass for your local pool and visit it often.

Consider signing up for swim lessons year round.....like other priorities....dance, cubs, baseball etc.

During the school day at our pool.....bring your swimsuit and play either before or after your child's lesson.....it is a fun parent / child activity!

Sign up for parents and tots if you want a program that has a leader.

If you find that your child is not happy in the water.....don't give up...persevere with water activities. Sometimes it takes a while to get used to the water.

Especially for boys.....please don't wait until they get into cubs at age 8...or scouts at age 11, to decide to learn to swim. It gets harder to learn as they are older and they can't do water activities with their friends.

THE BOTTOM LINE

1. Parents should prepare their children for swimming lessons by making swimming part of your family activities
2. The bath and shower is the best place to start when they are very young.
3. We are happy to take swimmers that are tall enough to touch.....even if they are nervous swimmers. IF they are too short.....we ask parents to work with a nervous child so they are better prepared for a lesson experience or EMAIL ME SO WE CAN DISCUSS THE NEEDS OF YOUR SWIMMER.
4. Children that are already going under water and getting dangerous around watercan be enrolled in lessons as early as 2 ½ yrs old
5. We offer a parents and tots program throughout the school year one or two days a week.....I encourage you to enroll in it.
6. All public pools offer swim lessons.....some year round and some just in the summer.....participate.
7. Exposure, Exposure, Exposure.....the more your children are exposed to water activities, the more they will love it and the faster they will learn.

SAFETY CONCERNS

*** DROWNING IS THE NUMBER 1 CAUSE OF ACCIDENTAL DEATH IN CHILDREN UNDER THE AGE OF 5.**

*** ALL ADULTS MUST BE VIGILANT AROUND ANY WATER TO KEEP CHILDREN SAFE.**

*** PUT AWAY YOUR PHONES....EVEN WHEN THEY ARE IN LESSONS.....AN EMERGENCY CAN HAPPEN IN A HEARTBEAT.**

*** STAY WITHIN ARMS REACH OF YOUR CHILDREN AT ALL TIMES IN THE WATER.**

*** DO NOT ASSUME THAT A LIFE JACKET WILL KEEP YOUR CHILD SAFE. THEY WILL FLOAT THEM, BUT AS THEY GET BIGGER, IT MAY NOT FLOAT THEM FACE UP! MAKE SURE THE LIFE JACKET FITS YOUR CHILD!**

*** IT IS THE PARENTS RESPONSIBILITY TO WATCH THEIR CHILDREN WHENEVER YOU ARE AROUND WATER.....DO NOT RELY ON THE LIFEGUARD TO KEEP TRACK OF YOUR KIDS**

We love teaching lessons to your children.....we want it to be a positive experience for everyone including the child, parent and the instructor.

Please help us keep our program the highest quality that it can be.

Sheila and Staff

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