

Lesson Tips

- Understand that children develop swimming skills at different rates.
- Bring an extra towel for students enrolled in Parent/Child and Preschool classes to keep them warm and cozy after exiting the water.
- Bring a light snack and drink for your child. Many children are often hungry and/or thirsty after a swim.
- Apply sunscreen at least 30 minutes prior to entering the pool for your lesson.
- Be enthusiastic and support your child by praising their efforts in the pool.
- Provide additional practice time with your child during public swim or at home to increase their comfort level and confidence in the water.
- Goggles are not recommended until your child is comfortable placing his/her face and head underwater. Goggles can be beneficial to children who are swimming laps, especially if they experience eye discomfort.
- Water shoes protect feet during hours of water play and walking on pool decks, but they hinder the development of an effective flutter kick. During lessons, we recommend water shoes stay with your child's belongings.
- Lifeguards are on duty at all times.
- Hair, shoulder length or longer, should be braided or secured to prevent it from getting in the child's face.
- Please insist your child uses the bathroom prior to the beginning of each class.
- Inform the instructor of any disabilities or limitations.
- Bring lots of energy to lessons and have fun!

Fairmont Aquatic Park

1400 South Prairie Avenue
Fairmont, MN 56031
507-238-9292

Phone: off season - 507-238-9461
Website: www.fairmont.org/aquaticpark
E-mail: aquaticpark@fairmont.org

dive

float

learn

SWIM

bob

kick

Get in the

Make a splash!

Enroll in American Red Cross Swimming Lessons!

Registration
begins May 4th!



General Information

Our goal at the Fairmont Aquatic Park is to teach children how to be safe in and around the water, while your child gains confidence, develops motor skills and increases awareness of self and surroundings.

Level Selection: Choose the swimming lesson level that best matches your child's needs. Level 1 is for beginners with little or no experience in the water. To enroll in Levels 2-6, students must have completed, or at least be able to confidently demonstrate, the skills listed in the previous level, including the exit skill requirements.

Mastering the Skills of Swimming: Learning skills vary among children. Readiness is influenced by physical development, previous experiences, home environment, parental attitudes and individual preferences. For most skills, there are simple prerequisites and activities that can prepare the child to perform those skills. It may take many lessons before a child can swim independently. Practice, regular (supervised) exposure to water, and positive encouragement and support are ways parents can help their child to progress.

To the Participants of Parent/Child Classes: The purpose of the American Red Cross Parent and Child Aquatic Program is to develop a comfort level in and around the water as well as a readiness for learning to swim. These classes are not designed to teach children to become accomplished swimmers. It will, however, provide you with the necessary knowledge and skills to orient your child to the water and to safely supervise all water activities. The key to the program is its emphasis on having fun. Since enjoyment is essential to learning, especially for young children, an environment is created that is active, stimulating, play oriented and safe. The emphasis is on the development of a warm and trusting relationship between parents, children, and your Water Safety Instructor. This relationship serves as the basis for learning.

Arrival to Class: Arrive 5 to 10 minutes early. This will help us begin/end lessons on time. It is beneficial to your child and all the participants in the class to begin on time. We realize there may be a time when a situation out of your control results in your child arriving late for lessons. Upon arriving at the park, please bring your child to their instructor fully prepared to swim. Class meeting spots will be announced on the first day of class.

Class Minimum Requirements: If your class selection does not meet the minimum participant requirement, you will be notified by phone one week prior to the scheduled start date. All classes that do not have 5 enrolled participants will: A) be combined with another class or B) be cancelled. You will also be given the option to choose an alternative class session.

Bad Weather: Classes will NOT be cancelled due to rainy weather. However, in the event of thunder or lightning, class may be cancelled for safety reasons. If bad weather continues for successive days, the instructors may add additional class time to the end of the remaining classes.

Class Cancellation and Refund Policy: If you cancel your enrollment **PRIOR** to the **FIRST DAY** of your scheduled class, you will receive a refund minus a \$10.00 cancellation fee. Please allow 6 to 8 weeks to receive your refund. If you need to transfer your child from one class/session to another class/session **PRIOR** to the **FIRST DAY** of class, you will be charged a \$5.00 transfer fee.

Registration

Enrollment Limited! First Come-First Served!

Registration begins Wednesday, May 4th at 8:00 am

*telephone registrations will not be accepted on
May 4th

Payment MUST be made at the time of registration

- Register on-line at www.fairmont.org/aquaticpark
- Register at Fairmont City Hall
Located at 100 Downtown Plaza, Fairmont
Cash, credit card and check payments accepted
- Beginning May 5th, registrations may be taken over
the telephone with a major credit card.

American Red Cross Swim Lesson Class Descriptions

Parent/Child 1 (6 months-18 months)

Parent and child work together in the pool under the direction of an instructor to gain both a respect for and enjoyment of the water. Children will learn to ask permission before entering the water; learn how to enter and exit the water safely; dip their faces into the water; blow bubbles; kick water; walk in water; explore buoyancy; as well as practice water safety.

Parent/Child 2 (18 months-3 years)

Parent and child will work together in the pool, under the direction of an instructor, to gain both a respect for and enjoyment of the water. Children will improve upon the skills learned in Parent/Child 1; learn more ways to enter and exit the water; glide on their front and back; perform a combined stroke on their front and back; as well as practice water safety.

Classes for ages 4 & 5

Preschool 1

Orients children to the aquatic environment and helps gain basic skills.

- Enter/exit water safely • Blow bubbles
- Submerge mouth, nose and eyes • Glide on front and back • Float on back
- Swim on front and back using arm/leg actions • Water safety

Preschool 2

Develop more comfort in and around the water. Continue to improve on skills learned in Preschool 1 resulting in greater independence in the water.

- Enter/exit water safely • Bobbing
- Retrieve submerged objects • Front and back float and glide • Tread water using arm/leg actions • Swim on front and back using combined arm/leg action
- Water safety

Preschool 3

Helps children gain basic swimming propulsive skills to be comfortable in the water.

- Enter water by jumping in • Submerge and hold breath • Bobbing • Front, tuck and jellyfish floats • Tread water using arm/leg actions • Swim on front and back using combined arm/leg action • Water safety

* If a child passes Preschool 1, they can move up to the next level. If your child is at least 6 years old and has passed Preschool 2, they will be ready to enroll in Level 2; if your child passed Preschool 3, he/she will be ready to enroll in Level 3.

Classes for ages 6 and up

Level 1 Introduction to Water Skills

Helps students feel comfortable in the water

- Water entry/exit • Blow bubbles • Bobbing
- Open eyes and retrieve objects under water
 - Front and back floats and glides
 - Tread water using arm/leg actions
- Alternating and simultaneous arm/leg actions on front and back • Water safety

Level 2 Fundamental Aquatic Skills

Offers students success with fundamental skills

- Enter/exit water by stepping/jumping from the side • Fully submerge and hold breath
 - Swim on side • Open eyes underwater, pick up a submerged object
- Float on front and back • Perform front and back glides • Roll over from front to back, back to front • Tread water using arm/leg motions • Swim on front and back using combined strokes • Water safety

Level 3 Stroke Development

Improve on the swimming skills taught in Level 2 through additional guided practice.

- Jump into deep water from the side • Dive from kneeling or sitting position • Use rotary breathing in a horizontal position • Perform front and back crawl • Butterfly-kick and body motion • Change from horizontal to vertical position on front and back

Level 4 Stroke Improvement

Develops confidence in the skills learned and improves other aquatic skills

- Headfirst entries from the side in compact and stride positions • Swim under water
 - Feet-first surface dives
- Survival swimming • Front crawl and backstroke open turns • Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly • Flutter and dolphin kicks on back • Water safety

Level 5 Stroke Refinement

Provides further coordination and refinement of strokes

- Shallow-angle dive from side then glide and begin a front stroke • Tuck and pike surface dives, submerge completely • Front and backstroke flip turn while swimming
 - Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly • Sculling • Water safety topics

Level 6 Swimming and Skill Proficiency

Refines the strokes so participants swim the strokes with ease, efficiency, power and smoothness over greater distances.

Level 6 will focus on Personal Water Safety, which will teach students how to prevent and respond to aquatic emergencies in open water environments.

Lesson Schedule

- Registration Information

**Lessons
\$30.00**

	Session A June 13 - June 17	Session B June 20 - June 24	Session C June 27 - July 1	Session D July 5 - July 12 <i>* weekdays only</i>
9 AM	■ Preschool 3 ■ Level 1	■ Preschool 1 ■ Preschool 2 ■ Level 1	■ Preschool 2 ■ Level 1	■ Parent/Child 2 ■ Preschool 3
10 AM	■ Parent/Child 2 ■ Preschool 1 ■ Level 1	■ Parent/Child 2 ■ Preschool 1 ■ Preschool 3	■ Parent/Child 1 ■ Preschool 2	■ Preschool 2 ■ Level 1
6:15 PM	■ Parent/Child 1 ■ Preschool 2 ■ Level 1	■ Parent/Child 2 ■ Level 1	■ Parent/Child 2 ■ Preschool 1	■ Parent/Child 2 ■ Preschool 1
7:15 PM	■ Parent/Child 2 ■ Preschool 1	■ Parent/Child 1 ■ Preschool 2	■ Parent/Child 2 ■ Preschool 2 ■ Level 1	■ Parent/Child 1 ■ Preschool 3 ■ Level 1
	Session E June 13 - June 24		Session F June 27 - July 12 <i>* no class on Monday, July 4 in observance of Independence Day</i>	
9 AM	■ Level 2 (2 classes) ■ Level 4 ■ Level 5		■ Level 2 (2 classes) ■ Level 3 ■ Level 4	
10 AM	■ Level 2 ■ Level 3 ■ Level 4		■ Level 3 ■ Level 5 ■ Level 6	
6:15 PM	■ Level 2 ■ Level 3 ■ Level 4 ■ Level 6		■ Level 2 (2 classes) ■ Level 3 ■ Level 5	
7:15 PM	■ Level 2 (2 classes) ■ Level 3 ■ Level 4 ■ Level 5		■ Level 2 ■ Level 3 ■ Level 4 ■ Level 6	

GuardStart: Lifeguarding Tomorrow (11-14 years old)

This course is a great first step toward possible employment as a lifeguard. Participants will cover lessons to develop aquatic knowledge and skills needed to successfully complete the American Red Cross Lifeguarding course.

Cost: \$50.00
Dates: July 11 - July 15
Time: 9am - 11am



Waterpark Lifeguarding Certification (15+ years old)

If you are interested in summer employment as a lifeguard, then this course is for you. The course will cover life guarding skills, CPR/AED PR, professionalism, patron and facility surveillance, facility safety, spinal injury management and first aid.

Cost: \$160.00
Dates: weekdays June 13 - June 29
Time: 8am - 11:15 am

* another class may be offered at a later date. Provide us with your contact information and we will contact you with additional information