



Condors Swim Club
Learn-to-Swim Program

Teaching Confidence & Fitness for LIFE!

Family Handbook

Dear Parents,

Thank you for choosing the **Condors Swim Club** to teach your child how to swim. We take this responsibility very seriously and want this to be a pleasant and rewarding experience for you and your swimmer.

All relevant information to our lessons program is available on the web at www.CondorsLessons.com. This is where you can find the most up-to-date schedules, important announcements-including pool closures, and registration forms.

Registration:

All our registration documents are posted to the website, please print out the form, complete it and return it to the office with payment. We accept cash, check or credit card. Once we receive your registration form and payment, a confirmation email will be sent.

What to bring to the pool:

- **Swimsuit** – we recommend one-piece suits for girls.
- **Goggles** – we strongly recommend the use of goggles. Goggles are helpful in getting a child to put his face in the water. Also, they can allow a child to feel more comfortable in the water – a major component to learning to swim.
- **Towel**
- **Swim cap or hair-tie** - for children with long hair, we recommend the use of a bathing cap, which can be purchased at the pool. If you chose not to use a bathing cap, please tie long hair back to keep it out of the face, and limit distractions.

Student Evaluation:

On the first and last day of the session, all swimmers are evaluated to ensure placement into the appropriate level. Students may be moved to a different class at anytime during the session depending on the swimmer's speed of progress.

We hope that this handbook has been informative and helps to understand our program. If you have any questions, please do not hesitate to call, email or speak to me at the pool. Please remember to speak to us *between* classes, not *during*, so we can provide your children with our undivided attention.

Sincerely,

Nick Chevalier

Condors Learn-to-Swim Policies

Please read the following policies carefully to familiarize yourself with our program.

Multi-Swimmer Family Discount:

Families with more than 2 swimmers will receive a 50% discount on the 3rd swimmer and each thereafter.

Refund Policy:

No refunds will be issued. We hire instructors based on student registration.

Cancellation Policy:

If you cancel your class, you will NOT receive a refund. You will receive a Condors Credit which can then be applied the next time you register. If you cancel your lessons during the first week of the session, you will receive half the registration fee. If you cancel after the first week, no credit will be issued.

Illness Policy

If your child is sick and misses **three (3) consecutive classes**, a credit will be issued when a doctor's note is presented. The note must include the dates that the child was not allowed to be in class. No credit will be issued without a note from the doctor. The credit will be \$20 per class.

Make-Up Policy

We do not offer make-up classes. As any other children's activity, you are responsible to attend the days you signed up for.

Credit Policy

Condors Credits will be issued for extended illness (see illness policy) and pool closures only. Credits will NOT be issued for scheduling conflicts with other activities or vacations.

Credits may be applied toward future swim lessons, both semi-private and private.

Credit slips must be presented in order to be used. Please treat credit slips as you would cash, they will not be replaced if lost or stolen. They are not transferable and will not be redeemed for cash.

No Parents on the Pool Deck

When you arrive for your lesson, please sit and wait on the bleachers for your class to start. Once the children are in the water, we ask that all parents view from the spectator area.

Entering & Exiting Through Locker Rooms

All parents and swimmers must enter and exit the pool area using the locker rooms clearly marked on either side of the pool. Children under 5 may accompany their parent into the opposite gender locker room. Children over 5 need to use their gender appropriate rooms.

General Parent Information

Please review the following information pertaining to the Parents of our students.

1. Do not allow your child to enter the pool until it is time for class to start and the instructor is in the water.
2. Please enter and exit the building through the front doors in the hallway.
3. Enter and exit the pool from the Locker Rooms ONLY. Do not pull open the side door, it is locked for a reason.
4. Children 5 and up should use their gender appropriate locker rooms. If you do not feel comfortable sending your child into the locker room alone to change, please take them home to shower and dress.
5. Once your child's class begins, please view from the spectator area. This creates a much better learning environment and limits distractions.
6. Keep your child's toenails and fingernails cut on a regular basis. Children will be removed from the class if this becomes a problem.
7. Hair should be kept out of the child's face. Please use either a swim cap or hair-tie for children with long hair.
8. Do not allow your child to enter the pool with food or gum in their mouth.
9. Please use discretion when sending a child to practice with a wound that has not scabbed over. If a wound is open and bleeding, others are at risk.
10. If your child has a fever or contagious disease, please do not bring them to class
11. Children should use the restroom BEFORE class begins, not during.
12. As they do in every area of development, children progress at their own rate. Please do not compare your child's progress with that of other children. The length of time it takes a child to learn to swim varies. It greatly depends on age, level of maturity and fitness. A child is not likely to learn to swim in one session.
13. Students are constantly being evaluated to determine proper group placement and may be moved at any time during the session.
14. We do our best to maintain instructor consistency for our swimmers. However, extenuating circumstances may make it necessary for an instructor to be changed during the session. We will do everything possible to make the transition smooth. We cannot guarantee that your child will always have the same instructor.

Skill Levels

Below is a description of each skill level.

Beginner One – B1

Children at this level have not been exposed to, and/or may be fearful of the water. Our main focus is to get them comfortable in the water and start introducing some body position/control exercises.

Beginner Two – B2

At this level, children have been exposed to the water and are not necessarily fearful, but are not fully comfortable yet. Here, we reinforce comfort while starting to work more on body position and control in the water.

Intermediate One – I1

At this level, children are comfortable in the water and have demonstrated solid awareness of body position and control. Here, we introduce freestyle and backstroke and continue to reinforce the basic necessities of competitive swimming, such as breathe control and streamlines.

Intermediate Two – I2

Swimmers at this level can perform basic freestyle and backstroke and can swim without assistance for a short period of time. Our main focus is teaching proper stroke technique in freestyle and backstroke.

Advanced

At this level, swimmers have shown a solid understanding of the proper stroke mechanics in both freestyle and backstroke. We focus heavily on refining the strokes while building stamina and preparing them for the pre-team.

Pre-Team

This group was designed to accelerate the transition between swimming lessons and our competitive program. Here, strokes are refined further while swimmers are taught the basics of competitive swimming and build good training habits.

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