

What you need to know for Keller Natatorium

- Where do I go?
 - Enter through the lobby doors. Your swimmers can wait in the lobby until the deck doors are opened by the coach to allow your swimmers to enter.
- Is there a locker room available?
 - There is a girls locker room to the right of the lobby and a boys locker room to the left of the lobby.
- Where should parents wait?
 - Parents are not allowed on the pool deck. Parents can watch lessons from the stands. Go up the stairs to the right in the lobby and you are right above the lessons pool and can watch from there.
- What time do we need to be there?
 - Depending on if you need to change your swimmer, you can arrive 5-10 minutes before your scheduled time. Swimmers will be allowed on the pool deck 5 minutes before the session is scheduled to begin.

What you need to know for Keller Pointe

- Where do I go?
 - Enter through the lobby doors. Once you walk in, the pool is to the right of the entrance. Please wait off the deck until the lessons supervisor opens the door and allows your swimmer to come on. Parents are allowed to sit on deck; however, they need to be at a distance from the pool (past the water fountains, in the blue chairs to the right). It may also benefit some swimmers to not have parents on deck.
- Is there a locker room available?
 - There are locker rooms and bathrooms available for your swimmers to use.
- Where should parents wait?
 - Please wait in the blue chairs along the side, away from the shallow “horseshoe” pool. This limits the distractions for our swimmers, teachers, and lifeguards.
- Can my swimmers play before or after?
 - Swimmers/families with memberships are allowed to enjoy the facilities. You can purchase a daily pass or memberships at the front desk.
- What time do we need to be there?
 - Depending on if you need to change your swimmer, you can arrive 5-10 minutes before your scheduled time. Swimmers will be allowed on the pool deck 5 minutes before the session is scheduled to begin.

Both Locations

- When will I find out how my swimmer is doing?
 - Your swimmers will receive a progress report/certificate on the second day of their lessons. This will keep track of which level they are at throughout their lessons at LAC. They will need to bring this to every lesson. Below are the level progressions that we use:

Bubbles/Safety 1	Floating 2	Kicking 3	Side Skills 4	Freestyle 5
Safe entry into the pool	Front float face in with bubbles	Front kicking with a breath assisted	Kick on side face out unassisted	Freestyle catchup stroke
Kicking on side of pool	Back float	Back kicking with assistance	Kicking on side face in with roll out breath	Freestyle fingertip drag
Bubbles on top	Basic kicking skills on Front	Kicking on side face out with support	6 Kick switch	Back kick with arms at side
Bubbles underwater	basic kicking skills on back	Kicking on side face in with support	Back kick streamline	Back 6 kick roll
Exit:	Exit:	Exit:	Freestyle arms (no breathing)	Exit:
10 Relaxed wall bobs	5 sec front float	Front kicking, 15 ft.	Exit: Kick on side face in	25 yds. Freestyle/Side Breathing
	5 sec back float	Back kicki , 15 ft.	with roll out breath	12.5 yds. Back six kick roll
			6 kick switch 12.5 yards unassisted	
			12.5 yards Back kick streamline	
Backstroke 6	Butterfly 7	Breastroke 8	Diving and sommersaults 9	All-rounder 10
12 kick switch back	Body roll on deck	Breast kick sitting on side of pool	Handstand with tuck sommersault	Exit:
6 kick switch back	Body roll in water	Breast kick vertical on side of pool	Front sommersault standing	25 yards side kick freestyle
Hesitation drill	Butterfly kick on board	Breast kick on back	Knee dive	25 yards six kick switch freestyle
Doublearm backstroke	Fly kick stomach hands down	Breast kick on borad	Squatting dive	50 yards freestyle swim with sommersault
Exit:	Fly kick stomach hands up	Exit:	Exit:	25 yards six kick roll back
50 yards Freestyle	Exit:	12.5 yards breast kick	Streamline dive	25 yards 6 kick switch back
25 yds. Backstroke	12.5 yards fly kick		Front sommersault on wall	50 yards backstroke swim
				25 yards butterfly kick
				25 yards breastroke kick
				Streamine dive with kick to flags

- What if I have a conflict and need to miss a class?
 - We do not offer makeup classes when you miss a class.
- What is the COVID protocol?
 - Currently LAC is aligned with the facility's protocol, those will be posted on each website. We recommend all swimmers and parents (vaccinated or not) to social distance and wear a mask. Our staff will also take extra precautions as they do in-water training.
 - Do not bring your swimmer to class if he or she is sick. Contact the Supervisor in the case of illness.