



Commonly Asked CLTS Questions

How many lessons will it take my child to swim?

It depends on what you might consider swimming. Some consider just making it to the side of the pool learning to swim. At CLTS it is our immediate goal that your child is comfortable in the water, and learns how to be safe in an aquatic environment. Your child will first learn to put his/her face in the water, how to breathe and exhale in the water, and float independently. Like and physiological skill, swimming is a process that must be nurtured and developed over time.

How quickly will my child advance to the next level?

No two children are alike; therefore, it is almost impossible to predict how quickly your child will move up to the next level. Just as children crawl and talk when they are ready, swimming skills among children develop in the same manner. Each child progresses at a different pace, has a different personality, and is at a different stage of development and coordination. Some will begin swimming in Level 1, others in 3 or 5. Those who have a fear of water may progress at a much slower rate. Whatever the case, we teach each swimmer with a gentle and encouraging approach and recognize the fact that each child is uniquely different. However, you should see progress in your child's skills with the passing of every few lessons. Please remember to be patient. If your child only swims once each week it's going to feel like a very long time before they are able to advance. Parents need to relax, enjoy the experience and know that they are doing something very, very good (and healthy) for their child.

My child does not seem to be learning and progressing in the lessons as quickly as some of the other children. Why is this?

As stated above, children will progress at their own pace, and usually not at the pace of the other children in the class. Learning to swim is a loco motor skill that requires lots of time and practice in order to achieve mastery of an individual skill. A child having just one half hour lesson each week for 52 weeks of the year will only accrue 26 hours of swim lesson time over a year. The more time children spend in the water the quicker they will learn to swim.

Why do I feel that my child is doing the same skill over and over again?

Not just with swimming, but any loco motor skill needs to be practiced over and over to be remembered. It seems silly and even boring for us as adults to work with or see our children doing the same skills over and over again; but remember practicing a skill helps reduce fear of the unknown. Practice makes perfect and repetition makes it instinct. Our coaches will work with

your child to make each experience in the water fun and enjoyable with new games and activities to break up the monotony of repetitive drills.

Why did my child progress so quickly and now has been stuck in the same Level session after session?

Your child may come to Level where they may feel stuck, and unable to advance. This is perfectly normal. Children naturally plateau. This plateau can happen for a number of reasons, lack of strength, flexibility, understanding, maturity, motivation, or fear of advancing into deeper water. At CLTS our instructors will work with your child to overcome these obstacles. At CLTS we scaffold each Level so that the skills build upon each other. If a swimmer is rushed too quickly through a Level, before mastering all the skills, she/he will struggle as they continue to advance through the Learn to Swim Program. At CLTS our instructors will work with your child to overcome these obstacles.

How much skill is enough?

Having the ability to swim around a backyard pool doesn't necessarily mean a child is strong enough to cope in an unfamiliar or stressful situation. Swimming ability can deteriorate rapidly under stress, the more skilled the child in the first place the greater the chances of survival. At CLTS we offer lessons to teach all four competitive stroke (butterfly, back, breast, free) So that your child may transition into the club team if he/she chooses to pursue the sport of swimming past the LTS Level.

Why does the instructor play a lot of silly games in the class?

Do not underestimate the value of play in developing water confidence and a feel for the water. Playing in the water will help children understand buoyancy and how to move effortlessly through the water. Games and songs are used to reinforce skills that have been taught to the swimmers. At CLTS our instructors are encouraged to use games and novel activities to motivate their swimmers and build mastery of learned skills.

If my child is incorrectly performing a stroke OR misbehaving during swim class, should I interrupt the swim lesson?

We ask that parents avoid interrupting a swim lesson. If you have a concern please contact Head Coach Jamie Johnson, so that the issue may be addressed immediately. Interrupting the swim lessons will have a negative effect in several ways:

- It embarrasses your child in front of his or her classmates and other families.
- It places the instructor in a very awkward and uncomfortable position.
- It distracts the other swimmers from their lesson and is not fair to the instruction of the others in the group.

Please speak to your child before each lesson regarding the behavior you expect to see, and praise your child's good efforts immediately after class. If your child has been making repeated errors in the water, discuss this with Head Coach Jamie Johnson, so that the severity of the error can be determined. Although, we do not want the swimmers to be building bad habits, we do not want to criticize every error they make either. Swimmers in our program are just learning the

mechanics of each stroke and errors are bound to occur. It is the goal of our learn to swim program to nurture a love for the water, while developing life long swimmers with great technique.

Why is my child using a instructional floatation device during the swimming lesson?

The use of instructional floatation devices is an important part of helping children to learn to swim more quickly and easily, in addition to helping to make the lesson environment safer. IFD's allow students to practice swimming movements without worrying about staying afloat. Through this movement repetition students gain muscle memory, and endurance. IFD's also allow students to get more practice time in the water, while feeling secure and more confident with the skills being taught. Especially for a swimmer in our beginner levels, they feel much more comfortable in the water wearing an IFD. However, please keep in mind that IFD's are used at all levels of swim instruction.

Why is my child out of the water during class time?

One of our many teaching strategies is demonstrating parts of the strokes out of the water where the swimmer can see and feel the stroke from a different perspective. Working on deck allows the instructors to more easily manipulate the swimmers' body and strokes in order to build a swimmer's muscle memory.

My child will not put his face in the water. What can I do?

It is important to encourage children to put their face in the water as soon as possible. By allowing children to put off this skill it makes a bigger deal out of it than it really should be. Working on humming, making a silly frog face, or picking up "treasures" from the steps are all strategies that may be helpful. Goggles and ear plugs can also be helpful for children who do not like when water is in their eyes or ears. Try practicing in the bath tub, or placing a large bowl of water on the floor. Have your child begin by trying to blow bubbles. By attempting this skill with the body out of water and only the face in may help your child feel more secure. Also try purchasing a disposable underwater camera that you will use to take the child's picture if they go underwater. This may entice a reluctant child to put their face in the water.

My child is having difficulty floating on his back.

Many children initially have difficulty with this skill due to lower body fat, or an inability to relax in the water. Practice this skill with your child by placing the child's head on your shoulder while in the water, and allowing the rest of his body to be supported by the water. Placing sunglasses on your child when outdoors may make the child more comfortable thereby increasing their ability to relax. Some children will float better if they bend their knees slightly, or place the arms overhead with the fingertips out of the water. Some children do not like to when the water gets into their ears. You may want to try a swim cap to cover their ears or ear plugs.

Can you guarantee that my child will get the same instructor every lesson?

With our flexible scheduling program we cannot guarantee the same instructor every lesson. We are very diligent and conscientious with our lesson planning, and take into consideration each child's individual needs. Please be assured that your child's instructors will know the key skills required of your child in his/ her instructional level.

What Level of training and experience do the coaches have in regards to swimming and instructing lessons?

Our instructors have various levels of training and swimming backgrounds. Most have competed as USA Swimmers on local club teams, and have swam for their High School Varsity Teams. Some of our coaches have also competed at the college level. All of our coaches attend regular trainings and in-services to enhance their teaching skills. Novice instructors are often paired with veteran coaches in order to build their skills. The greater majority of our instructors are Life Guard Certified. Some of our instructors have been trained in Water Safety Instruction, and are either certified educators or pursuing degrees in education.

Why does CLTS start children at 4 years of age?

Ideally, the best age to enroll a child in formal swimming lessons (independent of parental participation) is right around 4 years of age. We teach in a non-parent participation lesson. Generally, a child is not mature enough to be in this type learning environment until they willingly go to someone that they don't know, can listen and follow directions, and have the large motor skill development necessary to comprehend and acquire skills to be an independent swimmer.

What should I bring to swim class?

All you need to bring is a swimsuit, towel and goggles. Your child should have his or her own pair of goggles so we don't spend valuable teaching time trying to find the right size goggle and adjusting them each time your child swims. Of course, if you forget your goggles we will always have a pair that can be borrowed. Be sure to write your child's name on their personal caps, goggles, and swim suits with a permanent marker. We provide learning toys and fins. If your child has long hair we ask that you tie it back in a ponytail or have your child wear a swim cap, so that it does not interfere with your child's swimming.

What if my child has a medical condition?

If you believe that your child has any form of medical condition which might reasonably affect his or her participation in swim lessons, please advise Head Coach/ Director, Jamie Johnson during the registration process.