



Learn to Swim FAQ

Q. What ages do you teach? What system do you use?

Sarasota Swim Academy offers group classes children years 4 and older through adult, small group, private and semi-private lessons for all ability levels.

We recommend children under 4 years of age benefit from private lessons.

We are partnered with SwimAmerica™ - the USA's leading Learn-to-Swim School -teaches with the most effective method known, using a progression developed by this nation's top swim coaches. Our goal is to teach your child to swim quickly, proficiently and to learn to love swimming for health, safety, fun and fitness. Students advance at their own pace from water adaptation at Station 1 to very advanced swimming skills at Station 10.

All coaches are certified by **SwimAmerica**, a national program of the American Swimming Coaches Association. Coaches are also CPR and First Aid certified. **SwimAmerica** is the USA's leading Learn to Swim School.

Q. When should my child learn to swim?

As soon as your child is capable of independent motion, they are capable of getting into water and drowning.

Therefore, learn to swim lessons should begin as soon *after 6 months of age* as possible. Initially, they will not learn to swim per se. They will be learning: **"ROLL OVER, FLOAT, YELL FOR HELP."**

Young children, because of the weight of their head and body proportions, *can't readily "learn to swim."* What you want, is to keep them **SAFE**.

We do that by teaching them to surface when underwater, roll onto their backs, maintain themselves and breathe and **YELL FOR HELP!**

History shows that this response **SAVES LIVES** because it **"buys time"** for the caregiver to realize that the child can float and yell. Tragedies occur when the child can't perform that skill.

Once they have mastered **ROLL OVER, FLOAT, YELL FOR HELP!** Then we begin teaching "real swimming."

Children under 4 years learn better in a private lesson, which we recommend.

Q. What is a session?

A session consists of 8 30-minute long classes.

Q. How many sessions will my child need?

This depends on your child's age and level of fitness. It may take 2 or more sessions of eight lessons each for preschoolers to learn the basic skills of floating, kicking, returning to the wall and rolling over on their back to breathe, float and rest. Older students that have mastered the first skills of breathing, floating and kicking will learn more rapidly. If your child has not been in the water since last summer, they may have regressed a little and will catch back up quickly.

Q. How many students are in each class?

Sarasota Swim Academy offers 4 to 1 ratio student to instructor beginning at ages 4 years and older.

Q. How long will it take for my child to learn how to swim?

It depends on what your definition of learning to swim is. Some consider just making it to the side of the pool learning to swim.

Learning to swim is an ongoing process. A child can be safe in the water long before that process is completed. Each child comes to

swimming lessons with a different set of circumstances. A child who is comfortable in the water will certainly learn faster than a child who has had a negative experience in the water. Our goal is the end result, not how fast we get there.

Q. How qualified are your instructors?

Sarasota Swim Academy employs highly skilled and professional instructors. At Sarasota Swim Academy we call all our instructors coaches because they have all received American Swimming Coaches Association Level 1 Certification status. Many of our coaches not only teach swimming, but are sports coaches, school teachers and parents as well. They possess the wonderful ability to teach a life-saving skill while making it fun, too! At Sarasota Swim Academy, swimmers have fun, parents see results, and coaches get to do what they love. Kids LOVE to learn at Sarasota Swim Academy!

Q. What about private classes?

Sarasota Swim Academy offers private classes on Friday, Saturday and Sunday and depending on the availability of the instructor.

Q. What if it is raining?

Classes are still taught in light rain. If there is thunder or lightning in the area, or if the rain becomes too heavy to safely conduct class, the Instructor will conduct the Safety Day portion of the curriculum in a location outside of the pool and away from the elements. It is best to assume that classes are on as scheduled unless it is listed as canceled on our website or phone message, or you receive a call from the office or the coach stating otherwise.

If a storm becomes a safety issue and students have to get out of the water, the class time will be used for safety education.

Q. Are there make-up classes?

Make-ups due to instructor absence, weather, or mechanical problems will be made up on Fridays, Saturdays, Sundays or at another time during the session. Sarasota Swim Academy does not offer “make-up” classes, credits, or refunds for classes in session that have been missed, unless an exception is decided by the Director. In such a case, the coach will reschedule the class.

Q. How do I sign up?

You can register for classes over the phone or email the Sarasota Swim Academy. Just call our office at 941 928-9948 or email office@sarasotaswimacademy.org.

Q. What payment do you accept?

We accept checks, cash and money orders, (credit card payment coming soon) mailed to our office with the registration form. If the check or money order is not in our office after 5 business days, you may lose your spot in the class.

Sarasota Swim Academy, c/o Coach Ira Klein 5123 Kestral Park Place Sarasota FL 34231

Make sure you write on the check:

- The name of your child
- The pool where you are taking your lessons
- The date of the first day of class
- The time of your class

Q. Can I just bring a check to the pool?

It's probably not a good idea. Our instructors make it back to the office only once a week, if that. The check might be lost or get wet, and then you might lose your spot. To avoid this, please mail it.

Q. What does my child have to wear and what should I bring and What should I do before class?

All children should be encouraged to make a bathroom stop before their class begins.

Children under 3 years of age:

-It is mandatory for all children under the age of 3 to wear a reusable swimming diaper not little swimmers throw away diapers.

Children over 3 years of age:

For girls: One piece suits are recommended (keeps them focused and not always tugging on their suits)

For boys: Bathing suit/swim briefs (with draw strings ok) or swim jammers (hug the legs), no board shorts or cut-offs. (loose clothing billows and interrupts buoyancy)

Goggles or snorkel goggles for all students (keeps them focused and not always rubbing their eyes) We do want our swimmers to be comfortable opening their eyes in the water, in case they lose their goggles or get water in their goggles.

A bathing/swimmers cap if hair is chin length or longer (keeps hair out of the eyes).

Towels and warm sweater/jacket for after

Q. Should I feed my child before class?

We recommend that you should not feed your child anything for at least one hour prior to the start of class (don't want the heart and energy working on digestion, when we need all energy on their muscles and lungs) If you do plan on feeding your child, make sure it is something light, such as anything included in the B.R.A.T. Diet, i.e. bananas, rice, apple sauce, or toast. Please stay away from any dairy or citrus products.

You may download the registration form at www.sarasotawimacademy.com

Thank you and SEE YOU AT THE POOL!