

**Community Health Network  
Learn-to-Swim Program  
Powered by FAST  
Parent Information**



On behalf of the **Community Health Network Learn-to-Swim program powered by FAST** Swim Club, we thank you for choosing to be a part of our swim lessons program! We are an Independent Authorized Training Provider of the Starfish Swim School, a section of the Starfish Aquatic Institute. To ensure our classes to run smoothly, we would like to bring a few things to your attention before you arrive on Day 1.

**Preparing for Swim Lessons Each Day:**

- All swimmers must have a bathing suit.
- Goggles are highly recommended. We do not want swimmers using snorkeling masks or any type of goggle that will cover the swimmer's nose.
- Swimmers should use the restroom prior to class. Regretfully, staff will not be able to accompany swimmers to the restroom.
- Please make sure your child is clean & free of any Band-Aids prior to the start of class. The cleaner the pool, the less chlorine we have to use which results in less eye irritation.
- Any swimmer with hair past their chin should come to swim lessons with their hair pulled back in a pony tail or in a swim cap! The less the swimmer is concerned about their hair, the more they can concentrate on their swimming skills.

**Upon Arrival for Swim Lessons:**

- Please enter the pool at the southwest corner door. Upon entering FH6, walk down the hall, turn right just before the Auxiliary Gym, and enter the door to the pool on your right. There will be a set of bleachers on the pool deck (directly under the record board) for you and your child to meet your instructor. You may keep your child's belongings (towel, bag, etc.) on those bleachers. When the instructor is ready and class is about to begin, the instructor will walk the class to the area in the pool where we conduct lessons (towards the middle of the pool). Parents are welcome to sit and observe the lesson from our elevated spectator seating.
- If a situation arises during the lesson that requires the attention of the parent, a staff member will come upstairs to get the parent to address the situation.
- Arriving 5 minutes before class time daily is recommended.
- If you do not plan on staying for the lesson, please notify a staff member.

### **Locker Room Policy:**

- After each lesson, please have your child change in the appropriate locker rooms, if necessary. Changing on the pool deck, upstairs gallery, and/or hallways is not allowed!
- The women's and men's locker rooms are located directly under the upstairs spectator seating. There is a hallway accessible from the pool deck that leads to the locker rooms.
- Preschool participants (5 years or younger) may change in the locker room appropriate for their parents assisting in the changing. *Please be as discreet as possible with opposite genders.*
- School age participants (6 years and older) should use their appropriate locker rooms to change.
- There are general public men's and women's bathrooms located near the FH6 entrance that may be utilized as well.
- If special arrangements need to be made for changing, please contact Coach Garland.

### **Class Expectations Each Day:**

- Please be patient on the first couple days of lessons. Children will review skills, be tested, and potentially moved according to their new skill level. Our goal is to find a place where they are comfortable and challenged to improve their swimming skills.
- At the end of each lesson, please have a towel ready for your child.
- Celebrate your child's progress each day. Please try to avoid comparisons of other swimmers in the group. Each swimmer will develop their own aquatic swimming skills at their own rate.

### **Absences / Makeup Classes:**

- We would like to know if/when your child will not be attending class. While we do not offer makeup classes (unless a facility issue prevents us from holding lessons), it helps our instructors plan their lesson.

### **Emergency Procedures:**

- We ask that in the event of an emergency, you check out with your instructor if you choose to take your swimmer and leave. This is so we can account for all swimmers.
- In the event of a fire emergency, all swimmers will exit through the main pool doors / entrance and move away from the building. They will remain outside until given the "All Clear" by the Fire Department or school officials.
- In the event of a tornado or other weather-related emergency, swimmers will be taken into the locker room or locker room hallway by staff members.

### **Crying / Afraid Swimmers:**

- It is very common for a child to cry or be afraid when starting something new. Our instructors are trained to deal with the most fearful of students. We use simple distraction techniques: toys, songs, games to help calm and reassure them and we will never dunk a new swimmer under the water.
- A child may cry for several classes in a row, but please be patient. Consistency and praise are key in your child's progress. If you need help getting your child in the pool, please ask our staff for assistance. Be sure to let us know anything that would help us get to know your child better (favorite toys, special songs, heroes etc.). We will gladly get your child in the water and swimming happily as quick as we can!

### **Tracking Progression:**

- The students will track achievement of skills in their personal record books (PR books). These books will be kept at the pool during a swim lesson session and given to the parents at the end of the session. Parents are encouraged to read through the books and participate in the tracking of the child's progression. Students who continue with the FAST Learn-to-Swim program are expected to bring their PR book to the beginning of each lesson session. It is important to keep these PR books in a safe place! The cost to purchase a new PR book is \$5.

### **Post-Lesson Session:**

- Students will learn faster if they participate on a consistent basis. We encourage swimmers to enroll on a regular basis as the family schedule will allow. Parents are encouraged to take an active roll in their child's aquatic experience. Parents should keep reinforcing the skills learned. Practicing between lessons will most definitely increase a child's confidence in and around water.

### **Staff Availability:**

- Instructors are available to speak with parents as needed after lessons every day for 5-10 minutes.
- Swim School Director Garland Wilson is available on deck every day before and after each class. Feel free to contact her at 317-363-8595 or via email at [coachgowilson@gmail.com](mailto:coachgowilson@gmail.com)

Welcome to the Community Health Network Learn-to-Swim Program Powered by FAST! We look forward to working with your children as they begin their journey to becoming Life Champions and Excellent Swimmers!

**Tiger Up!**