

## **Important things to keep in mind during Jenison Swim Lessons...**

- **Swimming apparel/attire:**
  - Each child must bring his or her own suit and towel for every lesson. Girls may wear either a one-piece or a two-piece suit.
  - Clean deck shoes are optional.
  - No non-water clothing will be allowed in the pool other than a clean t-shirt if a child so desires, but this will make swimming more difficult.
  - No floatation devices will be used other than lifejackets on safety day.
  - Goggles may be used by students, but please make sure they are adjusted for a good fit prior to class.
  - If your child is not potty-trained, they must wear a swim diaper.
- **Rules/tips/hints:**
  - Hair that is shoulder length or longer must be tied back or up.
  - No bobby pins are allowed in the pool or on the pool deck.
  - Children must stand behind the silver line (drain) on the pool deck prior to and after their lessons. They may only cross this line when their instructor invites them. This rule goes for any other person on deck, as well.
  - Do not bring any personal toys or items from home. We do not want to mix them up with JPS pool toys or items.
  - Only give your child a light snack before lessons to avoid getting sick.
  - Take your child to the bathroom immediately before class. For young children or children who need assistance in the bathroom, we ask that parents in our level classes stay in the family room during class to assist their child(ren) when necessary.
  - **Sickness:** If your child is suffering from diarrhea or sickness, please keep them home until they are feeling better.
  - All of our instructors are Lifeguard, CPR, First Aid and AED certified. A copy of the certifications can be found on deck for you to view.
- **Viewing policy:**
  - **Preschool:** Parents are encouraged to observe all classes from the pool deck bleachers. They must remain on the bleachers; and if the parent is a detriment to the child's ability to focus on the instructor, he or she will be asked to view from the balcony or leave the pool area.
  - **Levels 1 and up:** Parents are invited to observe the first and last class (ONLY) to view their child's progress (the deck and balcony are closed for viewing during the middle classes). **Your child will improve and learn at a much higher rate when their full attention is on the instructor!**

- We recommend talking to your instructors most days (time is scheduled between lessons for instructor/parent interaction) on how class went and how your child is progressing.
- **Parent help:** In every class, half of the parents say, "Push! Push! Push!" and the other half will say, "Slow down, do not push, have fun." Please communicate your desires with your child's instructor, and offer advice for how your child learns best.
  - Parents **must** be prompt in picking up their child from swim lessons.
  - Parents must come on deck to pick up their child a couple minutes prior to the end of class.
  - We will not send a child into a locker room without a parent or guardian.
- **Showering:** Other than the first class and safety day, we ask that you have your child showered (head to toe) and ready to go for lessons by the designated start times.
- **Refunds:** A refund less \$10 will be granted up to three business days prior to the start of class. Any refund requests made less than three business days prior to the start of the first class will not be granted due to minimum class requirements. No refunds will be given after the first class. No exceptions!
- **Water temperature:** Our pool is kept around 81°. We have to balance between the recommended 78° for competition and 84° for swim lessons.
- **Class duration for level lessons:** Jenison Aquatics Center swim lessons allows for 360 minutes of instruction per level (1 and up). We offer eight 45-minute lessons or "Power Lessons" of six 60-minute lessons. Regardless, the total minutes remain at 360 minutes.
- **Scheduling classes for lessons:** Our pool is very busy! Sometimes we can offer classes once a week for eight weeks, sometimes two or three times a week for three or four weeks, or even four times a week for two weeks. If you prefer one over the other, sign up for those that you prefer or accommodate your schedule the best. We offer as many lessons as we can in the space and time we have. There is no 'standard' timeframe for lessons. Check [www.jenisonaquatics.org](http://www.jenisonaquatics.org) for the swim lessons schedule or call Jenison Community Ed. at 616-457-6110.
  - If you would like to be added to the Swim Lesson mass email list please email Brenda at [Bgrandy@jpsonline.org](mailto:Bgrandy@jpsonline.org)
- **Class minimum and maximum:**
  - Our preschool lessons need a minimum of 3 enrolled in order for the class to 'go.' The maximum for preschool is 4.
  - Level 1 has a minimum of 4 students and maximum of 5.

- Levels 2+ have a minimum of 4 students and maximum of 6 students.
- These are 'community' lessons. If you feel your child would do better with a smaller instructor to student ratio, please sign up for private lessons (1:1), semi-private lessons (1:2), or small group lessons (1:3). Private lessons must work around the pool schedule, child's schedule, and the instructor's schedule.
- **First day testing:** We test students on the first day of each set of new lessons. If your child 'should' be in a different level that we offer at the same time, and there is room, we will gladly move your child to that level. If we do not have that level available, our trained instructors are well prepared to teach each child at their ability to meet their needs and instruct them accordingly. If your child completes all of the skills in their level, they will be challenged to try skills in the next level above them. The instructor will challenge your child accordingly to meet and hopefully surpass the skills needed to pass the appropriate level.
- **Safety Day:** The fourth class of every session (regular eight sessions or six "power lessons"), with the exception of preschool lessons, is a mandatory safety day.
  - Your child cannot pass their level without attending safety day. There are no make-up classes.
  - Your child may bring his or her own Coast Guard Approved Lifejacket on safety day. We have lifejackets available if you do not have one.
- **Combination classes:** Sometimes we do not reach a minimum for classes being offered. Rather than canceling both classes, we combine appropriate levels (i.e. 1 & 2, 3 & 4, but never 2 & 3). Our options are to either cancel the class or offer a combined class. We try to offer a combined class as much as possible to accommodate those families who signed up and who wish to have their child attend swim lessons. We assign our most advanced teachers to take on this challenge and due to their high level of training are able to do extremely well. If your child is in a combination class, they will be expected to perform the skills for the level they are enrolled in. Please trust your instructor.
- **How we phrase our lessons to the kids:** When we work with the children, we do not ask 'if they want to bob,' we ask 'how many times they want to bob.' This allows choice in their answer (ownership), but still requires attempting the skill by each student (teaching and instruction).

**Thank you for taking Swim Lessons at the  
Jenison High School Aquatics Center.  
Please enjoy your lessons!**