

WML Swim Lessons Policies

We want our classes to be a rewarding and fun experience for all. Please help us make that possible by adhering to the following policies and guidelines.

ATTENDANCE & ATTIRE

Please arrive at your child's class on time. Arriving late disrupts the flow of classes currently in session. Have swimmers ready in bathing suits and goggles. Please pick up promptly at the end of the scheduled class. Swimmers who are not toilet trained **MUST** have a swim diaper on with elastic at the legs and waist. If swimmers have long hair it should be tied back so it will not get in their face during lessons.

OBSERVATION

We encourage parents to be active participants in their child's learning process, but we also ask for you to keep your presence during swim lessons to a minimum. Swim Lessons are a perfect time for your child to explore their independence and confidence in a safe environment. There are certain instances where your presence can detract from your child's ability to learn. We ask that you remain along pool walls/fences and approximately 10-12 feet away on beaches.

MISSED CLASSES

Make-ups are only held for classes canceled by the POA for bad weather **and if** we can find a make up time. We do not offer make-up classes for classes you have missed.

COMMUNICATION

Please sign up for Remind. This can be done 2 different ways.

1. Text 81010 (for the recipient) and enter @wmlswim24 (in the message).
2. **OR** you can use this link to join: <https://www.remind.com/join/wmlswim24>.

Make sure your settings are on to allow text messaging for fastest updates. We will use this for all classes. You can reach out to the Supervisors through this app.

Class Descriptions

Evaluation Date: Saturday June 14th Time TBD

Ages are a guideline, beach staff have the final approval of all levels. If you sign up for a class & we feel your child needs to be at a different level, we will work with you to find a class that works.

Parent/Child Classes:(30 months/2 ½ yrs and younger)

M/W @ Drum 9:30-10

T/Th @ Beach 1 9:30-10 or @ Circus 5:00-5:30

Sat./Sun. @ Circus 9:30-10

Water acclimation is specially built for children who are not ready to swim without their parent(s). Throughout the session, the child transitions between the parent and instructor to allow the child to learn to listen to the instructor, become comfortable in the water, and safely explore movements in the water. A parent or guardian is required in the water with the child. Parents/Guardians will assist in teaching basic swimming skills.

2 Year Olds

M/W @ Drum 10-10:30

T/Th @ Beach 1 10-10:30 or @ Circus 5:30-6:00

Sat./Sun. @ Circus 10-10:30

If your child is on the border for either age, please know we may choose to bump your child based on their needs when we first see them. Their ability to work independently without a parent in the water is necessary.

In this stage, students are introduced to the pool and learn skills needed for a beginner swimmer. The student also develops comfort with underwater exploration and learns to safely enter and exit the pool.

Students in this stage focus on the following:

- Exploring the aquatic environment and basic swimming skills with assistance
- Developing safe water habits in a fun and encouraging environment
- Learning basic aquatic safety
- Developing basic skills for the swimmer to propel and glide through the water with assistance

3 Year Olds

M/W @ Drum 10:30-11

T/Th @ Beach 1 10:30-11 or @ Circus 6:00-6:30

Sat./Sun. @ Circus 10:30-11

In this stage, students are introduced to the pool and learn skills needed for a beginner swimmer. The student also develops comfort with underwater exploration and learns to safely enter and exit the pool.

Students in this stage focus on the following:

- Exploring the aquatic environment and basic swimming skills with assistance
- Developing safe water habits in a fun and encouraging environment
- Learning basic aquatic safety
- Developing basic skills for the swimmer to propel and glide through the water with assistance
- Swim 5-10 feet with face in water and flat body position.

Ages 4-6

M/W @ Drum 11:00-11:30

T/Th @ Beach 1 11:00-11:30 or @ Circus 6:30-7:00

Sat./Sun. @ Circus 11:00-11:30

In this stage, students learn how to swim safety for 10-15 yards. This stage also introduces rhythmic breathing and integrated arm and leg action.

Students in this stage focus on the following:

- Integrating arm action, leg action, and rhythmic breathing in back and front glides
- Developing forward movement on the front and the back for 10-15 yards
- Practicing skills and safety techniques in deep water

Ages 5 and older (swimmers that are in between lessons and swim team)

M/W @ Drum 11:30-12:00

T/Th @ Beach 1 11:30-12:00 or @ Circus 7:00-7:30

Sat./Sun. @ Circus 11:30-12:00

This stage develops stroke technique in front crawl and back crawl. Water safety is reinforced through treading water. *If the students are ready*, instructors may introduce elementary backstroke which is the basics for breaststroke kick.

Students in this stage focus on the following:

- Developing the front crawl and back crawl 15-25 yards.
- Introducing components of the breaststroke. (elementary backstroke)
- Practicing safety techniques in deep water.

Dates of classes linked in a calendar: [CLICK HERE](#)

Costs will be:

\$82 for Sat./Sun

\$98 for weekdays

(Breakdown is roughly \$8.20 a class)

REGISTRATION DATE TO BE ANNOUNCED IN APRIL.

**IN ADDITION WE WILL BE OFFERING PRIVATE LESSONS THIS SUMMER.
INFORMATION TBA**