

### What to Expect

- Arrive at the pool in your swim attire to reduce the amount of time spent in the locker-rooms.
- No additional 'spectators' allowed on deck.
  - We are trying maintain a small number of people on the pool deck and in our facility.
  - You are allowed to bring someone to supervise the children who are waiting for a swim lesson with you.
- No more report cards. Your instructor will tell you which class to sign your swimmer up for future sessions.
- Classes will have increased time between them to allow for cleaning of teaching tools and transitions of classes starting/ending.

*Thank **YOU** for putting forth the extra energy to participate in your child's swim lesson. We would not be able to offer swim lessons without your participation and support. Learning how to swim is a lifesaving skill, as well as, opens the doorway to recreational fun and lifelong fitness skills.*

### Class Time

- While in class, please maintain 6ft apart from other participants in your group.
- Teaching tools will be assigned to each swimmer. Please make sure you are only using your assigned equipment.
  - You are welcome to provide your own teaching tools, please label with your last name.
- Wear a mask to the water, remove mask before getting into the water, and put mask back on when done in the water.
  - The instructor will be wearing a mask if they are out of the water providing instruction.
- Getting your hair wet is optional. Some supporting holds will require you to get your shoulders in the water, and there will be moderate splashing due to the nature of being in a pool.
  - Swim caps are a way to keep your hair dry.
- The instructor will be teaching the swimmers, and as well as teaching you how to assist your swimmer.
  - Your role is to keep your swimmer safe, following the rules, and assist them with the learning process.
- The instructor's role is to lead the class, provide information to you on how to help your swimmer practice the skills, and provide feedback on the skills that are being performed.
  - This could include how to hold your swimmer to practice a front or back float.
  - How to pattern their arms or legs to perform arm pulls or practice kicking.
  - How to hold onto the teaching tool to best support your swimmer.
  - Safety points of using teaching tools.
- Be prepared for a lot of repetition of swimming skills. Improvement comes with opportunities for practice.
- Depending on the age group, there may be singing and games. You don't have to sing but it is encouraged!
- Every time a swimmer gets their face wet or goes underwater either accidentally or purposely, praise them! If you get nervous and concerned, your swimmer will too. Going underwater is one of the hardest skills to master.
- Be confident! Your swimmer will model your attitude.

Overall, we are so happy to welcome you and your swimmer back to our program. Thank you for your participation, your understanding, and your time!

~ City of Longmont Aquatics