

# **GARLAND SWIM PROGRAM**

## **PARENT PACKET**



## PARENT PACKET

### IMPORTANT GENERAL INFORMATION

- ❖ There will be a parent talk by the supervisor of your pool on the first day. Parents need to stay the first day.
- ❖ Please be on time to drop off and pick up your children
- ❖ *For the safety of all of the students, only students and staff are allowed inside the gate during lessons.*
- ❖ Only one parent per child in the Starfish (Parent-Tot) class is allowed inside the pool area during any given Starfish Class.
- ❖ To give each student the maximum benefits from class time, we ask that parents refrain from trying to communicate with the students during class.
- ❖ There is no childcare provided for siblings during classes.
- ❖ At Bradfield Pool, there will not be access to the slide or spray ground area during lessons.

### REGISTRATION POLICY

- ❑ Registration may be done in person by check, cash, or credit card.
- ❑ Registration may be done by phone or online by credit card. We take Visa, Master Card, or Discover.
- ❑ No registration will be taken at the pools.
- ❑ Late registration will take place until 12:00 noon on the Friday before the first Monday of each session. Late registration may only be done through the Aquatics Office @ 972-205-2708/2750.

**Registration takes place at all recreation facilities, the PARD office and online. These locations are listed below.**

### REGISTRATION LOCATIONS

**Audubon Recreation Center**

342 Oates Dr., 75043 - 972-205-3991

**Bradfield Recreation Center**

1146 Castle Dr., 75040 - 972-205-2770

**Gale Fields Recreation Center**

1701 Dairy Rd., 75040 - 972-205-3090

**Granger Recreation Center**

1310 West Ave. F., 75040 - 972-205-2771

**Holford Recreation Center**

2322 Homestead, 75044 - 972-205-2772

**Parks and Recreation Administration Office**

634 Apollo Rd., 75040 - 972-205-2750

**Aquatics Office**

634 Apollo Rd., 75040 - 972-205-2708/2757

Online Registration - [www.garlandparks.com](http://www.garlandparks.com)

*Click to Play*

### WAIVERS

**We need one waiver from each student signed by a parent/guardian with all necessary medical information on it. The student will not be allowed to participate in the water without the waiver.**

## HEALTH

No child will be allowed to participate with:

1. a severe cough
2. a nose running with colored mucous
3. a fever
4. an infection
5. open sores
6. a rash or appearance of ring worm
7. the appearance of anything we might suspect as contagious

*For the protection of all students:*

*If a parent suspects that the child has a condition which we might question, they must have a written statement from their doctor saying that the child is not contagious. We will need to call the doctor for confirmation of the written statement. If we have any doubt about the condition in question, we reserve the right to keep the child away from the other students. An open sore will keep them out of the pool, but they may still observe from the deck.*

## PREPARATION FOR CLASS

- All students must wear approved swim wear during class. No cut-offs or shorts will be allowed in place of a swim suit.
- Students who for any reason need to be completely covered may wear a full-body bathing suit. These may be found at stores which specialize in swim wear and online by googling swim unitards. Head coverings must be a swim cap.
- Please apply sunscreen to your child at least 30 minutes before class
- NO GUM
- Hair should be pulled out of the face
- Please do not bring personal toys
- Please do not wear goggles until station 4
- Please do not wear FULL FACE MASKS
- NO FLOATIES are allowed.
- Please send your child in flip flops, as the pool deck becomes very hot in the afternoons.

## THE SWIM CLASSES

### PURPOSE

- Learning skills to help safety level---**NO ONE IS EVER WATER-SAFE.**
- Learning skills that will enable students to progress in the swim program.

### KNOWLEDGE

- A child's ability to swim underwater is fun, but it is not the best swimming skill.
- A child's ability to swim with his/her head out of water continuously is not considered a good swimming skill.
- **Definition of Swim**- Completion of Station 10 Skills
- Students and parents need to know that it is most beneficial to complete the entire 10 station program. This is not a rushed process, but just like completing school, it must be done with integrity, reviewing what has been previously taught, and

promoting to the next level only when all skills necessary for advancement have been accomplished. Completing all stations provides a higher measure of comfort, endurance, enjoyment, and capability of sustaining oneself in an emergency in or near the water.

#### CLASS DIVISIONS AND TIMES

- Starfish (Parent Tot) meets for 20 minutes water time and 10 minutes deck time.

*We regret that there is no childcare available for siblings. For their own safety, siblings are not allowed inside the gate unless they are enrolled in a class which takes place at the same time as the Starfish class. Only one parent per child in the Starfish (Parent-Tot) class is allowed inside the pool area during any given Starfish Class.*

- Clownfish (Preschool) meets for 30 minutes
- Stingrays, Sharks, and Adult classes meet for 40 minutes
- Advanced classes meet for 45 minutes
- Water Aerobics is a 60 minute class
- Swim Team meets: 11-16 yrs- 1 hour  
6-10 yrs- 1 hour
- We will make every effort to begin class within 2 minutes of the scheduled time.
- Since everyone's watch is set at a slightly different time, the class will begin and end by the supervisor's watch, not the clock on the wall.
- Time to begin and end the class is according to the supervisor's watch
- Class time includes safety instruction, deck work and in-water instruction.
- Parents need to have their students to class on time, in their suits, sunscreen already applied, and bathroom needs completed.
- We regret that due to the tight class schedule, there is no time or space to allow students to change clothes between classes.
- If the student is repeatedly late, it could inhibit his/her progress. If a refund is requested for complaints regarding the progress of the student, it will not be considered if the child has been repeatedly tardy.
- Parents need to be on time to pick up students. For the safety of the students, parents must come to the gate to pick up their child.
- Each student should have his/her own towel and on cool days, a jacket. Please, no sharing a towel with brother or sister.
- **Ratio of instructors to students:**  
*These are the ratios we strive for, but occasionally, we must temporarily increase the number of students.*  
Clownfish: 1 instructor: 2-3 students  
Stingrays: 1 instructor: 5-6 students  
Sharks: 1 instructor: 6-8 students  
Advanced and Adult: 1 instructor: 10 students

#### OTHER CLASS NOTES:

While in class, you may see your child sitting on the deck. It could be for one of the following reasons:

1. The student is warming up because they displayed signs of being cold.
2. The student is observing some technique that is better able to be observed from the deck than in the water.
3. The student has received more than one warning about an unacceptable

behavior exhibited in class.

You may ask the supervisor at the gate after class and she/he will find out from the instructor the reason for your child being on the deck.

#### **STATIONS**

We teach skills in a 10 station progression.

We believe that safety skills are a very important part of swimming instruction and will be taught in each station. There will also be a Safety Day which will take place on the first Friday of each session.

**\*At the end of this parent packet is a STATION BREAKDOWN which is an explanation of what is taught in each of the 10 stations.**

#### **WATER SAFETY KNOWLEDGE**

Purpose of incorporating Water Safety in the class:

- Out of the water safety instruction is just as important as in-water time.
- Water Safety instruction gives the students readiness skills.
- Water Safety instruction gives students skills to deal safely with water emergencies.

#### **WATER SAFETY DAY**

- We will have one Water Safety Day per session. It is mandatory and a very important part of the curriculum.

#### **EACH SESSION**

- Consists of 9 lessons, Monday-Friday of the first week and Monday through Thursday the second week, with the second Friday being reserved for one make-up lesson.
- A make-up lesson will be given only in the event that The Aquatics Department **must** cancel classes due to weather or pool conditions. (See Make-Up Policy for further details.)
- **Youth Aides/Volunteers**  
Some pools have youth volunteers who help the instructor with a class. The instructor is still doing the majority of the teaching but may give a volunteer something specific to work on with your child. We value our volunteers because it means that your child is getting extra individualized attention and instruction.

#### **QUESTIONS**

Questions and student progress may be checked with the student's instructor at the end of each class. If you have a lengthy question, due to time constraints, the supervisor may ask to make arrangements for you and/ the student's instructor to talk at the end of the day.

#### **BATHROOM POLICY**

Please make every effort to take your child to the bathroom before he/she comes to lessons. To protect your student and our staff:

- We strive to never allow a child to be alone in the bathroom with an instructor, supervisor, or helper.
- If a child needs assistance in the bathroom, two staff members will accompany the child.

- Again, for the safety of the children, in an emergency a parent and/or sibling may use the bathroom facilities inside the pool by asking the gatekeeper who will escort them to the door of the restroom and check to be certain there are no other children in the bathroom. The gatekeeper will escort them back to the gate. Only one non-participant or a non-participant adult assisting a child may use the restrooms at a time.

#### WEATHER POLICY

***Managers will clear the pool when lightning is seen or thunder is heard and readmit patrons no sooner than thirty minutes after the last lightning strike is seen or thunder is heard.***

If the threat of bad weather exists, the only way to be certain if classes will be cancelled is to go to the pool where your lessons take place. Sometimes the determination cannot be made early. Unless there is a very large, slow-moving storm front in the area, cancellations are made on a class by class basis.

While we have no control over the weather, we do want to proceed with lessons as often as we are safely able. We will have lessons if there is no lightening or thunder, and if the manager of the pool deems it safe. If it is very chilly, we want the parents to know that the children will be pulled out to allow them to warm up if they display signs of being cold.

You may call the pool, but the weather can change in an instant, so it is still best to go to the pool unless you live a considerable distance from the pool. **PLEASE, DO NOT CALL THE RECREATION CENTERS. THEY DO NOT KNOW THE STATUS OF CLASSES DURING INCLEMENT WEATHER.**

#### POOL PHONE NUMBERS

**BRADFIELD 972-205-2774**  
**HOLFORD 972-205-2776**  
**WYNNE PARK 972-205-2777**

#### MAKE-UP POLICY

- ❑ The second Friday of each session is reserved for make-up lessons.
- ❑ Make-ups will only be scheduled if the Aquatics Department has cancelled due to weather or mechanical problems.
- ❑ We do not give make-ups for lessons missed due to illness, etc.
- ❑ We only offer **one** make-up lesson. If more than one class must be cancelled, ***we are sorry, but time does not permit any other make-up days.***

**\*GARLAND SWIM PROGRAM  
STATION BREAKDOWN**

**STATION 1**

**WATER ADAPTATION**

*ON DECK: BREATH-HOLDING, RELEASE*

**WATER ADAPTATION**

1. MOVEMENT IN WATER
2. BREATH HOLDING AND RELEASE
3. SUBMERSION OF FACE
4. OPENING EYES UNDER WATER
5. BLOWING BUBBLES
6. BOBBING W/ BUBBLES AND AIR EXCHANGE (*slowly and rhythmically*)
7. BASIC KICKING SKILLS (*on deck*)

**TO ADVANCE:**

10 RELAXED BOBS

**STATION 2**

**FRONT FLOATS AND GLIDES**

*REVIEW: BOBS, BASIC KICKING SKILLS*

1. INTRODUCE CONCEPT OF READY POSITION AND STREAMLINE
2. FRONT FLOAT AND RECOVER
3. FRONT GLIDE AND RECOVER
4. INTRODUCE ROLLOVER

**TO ADVANCE:**

FRONT GLIDE AND RECOVER-5 SECONDS

**STATION 2 B**

**BACKFLOATS AND GLIDES**

*REVIEW: BOBS, BASIC KICKING SKILLS*

*AND FRONT FLOAT AND GLIDE*

1. BACK FLOAT AND RECOVER
2. BACK GLIDE AND RECOVER
3. DEMONSTRATE READY POSITION & STREAMLINE
4. DEMONSTRATE ROLL OVER

**TO ADVANCE:**

BACK GLIDE AND RECOVER-5 SECONDS

**STATION 3A**

**KICKING SKILLS I**

*REVIEW: BOBS, BASIC KICKING SKILLS, BACK AND FRONT GLIDES*

*PRACTICE READY POSITION*

1. PRACTICE STREAMLINING
2. INTRODUCE PORPOISING
3. INTRODUCE DOLPHIN KICK, GLIDE & RECOVER

**TO ADVANCE:**

1. READY POSITION AND STREAMLINE
2. ATTEMPT PORPOISE MOVEMENT
3. ATTEMPT DOLPHIN KICK.

**STATION 3 B**

**KICKING SKILLS 2**

*REVIEW: BOBS, READY POSITON, STREAMLINE, BASIC KICKING SKILLS, PORPOISING, AND DOLPHIN KICK*

1. FRONT GLIDE WITH KICK, RECOVER
2. BACK GLIDE WITH KICK, RECOVER
3. *YOUNGER AGE-INTRODUCE BEGINNER STROKE*

4. INTRODUCE TRAVEL BOBS

**TO ADVANCE:**

1. FRONT GLIDE W/ KICK-15 FT.
2. BACK GLIDE W/ KICK-15 FT.

**STATION 4 A**

**ROLLOVER**

*REVIEW: BOBS, READY POSITION, STREAMLINE, BACK AND FRONT GLIDE WITH A KICK, PORPOISE, AND DOLPHIN KICK ROLLOVER-FRONT TO BACK*

1. ROLLOVER-BACK TO FRONT
2. FINNING
3. SCULLING
4. INTRODUCE SIDE BOBS

**TO ADVANCE:**

1. DEMO ROLLOVER
2. DEMO FINNING
3. DEMO SCULLING

**STATION 4 B**

**CRAWLSTROKE**

*REVIEW: BOBS, SIDEBOBS, AND BACKGLIDE WITH A KICK, ROLLOVER FRONT GLIDE WITH A KICK, ROLLOVER, PORPOISE W/ DOLPHIN KICK, FINNING AND SCULLING*

1. INTRODUCE SIDE-GLIDE-KICK
2. CHANGING SIDES
3. CRAWL ARMSTROKE
4. ADD KICK

**TO ADVANCE:**

1. CRAWLSTROKE 20 FT. (NO REQUIRED BREATHING)

**STATION 5A**

**FREESTYLE**

*REVIEW: SIDE BOBS, PORPOISING W/ DOLPHIN KICK, SIDE-GLIDE-KICK, CRAWLSTROKE, FINNING AND SCULLING)*

1. ADD BREATHING TO CRAWLSTROKE
2. INCREASE ENDURANCE

**TO ADVANCE:**

1. FREESTYLE (CRAWLSTROKE)-30 FT.  
(MINIMUM OF 4 BREATHS)

**STATION 5B**

**BACKSTROKE I**

*REVIEW: SIDE BOBS, PORPOISING W/ DOLPHIN KICK, SIDE-GLIDE KICK, FREESTYLE (CRAWLSTROKE W/ BREATHING), FINNING, SCULLING)*

1. BACKSTROKE
2. INTRODUCE BI-LATERAL BREATHING  
(FREESTYLE)
3. ENDURANCE

**TO ADVANCE:**

1. CRAWLSTROKE W/ BREATHING 30 FT.  
(MINIMUM OF 4 BREATHS)
2. BACKSTROKE FUNDAMENTALS

**STATION 6**

**BACKSTROKE II**

*REVIEW: BOBS, PORPOISING/DOLPHIN KICK,*

*SIDE-GLIDE KICK, FREESTYLE (BILATERAL BREATHING) & BACKSTROKE, EXTENDED SWIM*

1. INTRODUCE DEEP WATER BOBS
2. EXTENDED FREESTYLE SWIMS
3. TREAD WATER
4. SHALLOW AND DEEP-TREAD
5. JUMP IN DEEP AND TREAD
6. DIVING RULES
7. SITTING DIVE
8. KNEELING DIVE
9. STANDING DIVE (NOT HOLFORD)

**TO ADVANCE:**

1. FREESTYLE-75 FT. (BI-LATERAL BREATHING)
2. BACKSTROKE-30 FT.
3. TREAD-1 MINUTE

**STATION 7**

**BREASTSTROKE**

*REVIEW: DEEP-WATER BOBS. PORPOISING,*

*SIDE-GLIDE KICK,*

*FREESTYLE (BILATERAL BREATHING) & BACKSTROKE*

*EXTENDED SWIM, TREAD*

1. BREASTSTROKE KICK
2. BREASTSTROKE ARMS
3. BREASTSTROKE SWIM

**TO ADVANCE:**

1. FREESTYLE-50 YDS.
2. BACKSTROKE-25 YDS
3. BREASTSTROKE –25 YDS

**STATION 8**

**BUTTERFLY AND TURNS**

*REVIEW: BOBS, TREAD,*

*SIDE-GLIDE KICK, BREASTSTROKE,*

*FREESTYLE, &BACKSTROKE EXTENDED SWIM*

1. BUTTERFLY ARMS
2. BUTTERFLY SWIM
3. TURNS –OPEN AND FLIP
4. BREASTSTROKE-EXTENDED SWIM

**TO ADVANCE:**

1. FREESTYLE –100 YDS.W/ BILATERAL BREATHING& TURNS
2. BREASTSTROKE- 50 YDS.
3. BUTTERFLY-25 YDS

**STATION 9**

**LIFETIME STROKES**

*REVIEW: BOBS, BUTTERFLY,*

*SIDE-GLIDE KICK*

*BREASTSTROKE, FREESTYLE*

*&BACKSTROKE EXTENDED SWIM W/ TURN*

1. SIDESTROKE KICK
2. SIDESTROKE SWIM
3. ELEMENTARY BACKSTROKE

**TO ADVANCE:**

1. FREESTYLE-200 YDS. (W/ BILATERAL BREATHING- 100 YDS.)
2. BUTTERFLY-25 YDS.
3. BREASTSTROKE –50 YDS.
4. ELEMENTARY BACKSTROKE-50 YDS.
5. SIDESTROKE-50 YDS

**STATION 10**

**INDIVIDUAL MEDLEY**

*REVIEW: BOBS, BUTTERFLY, SIDESTROKE, FREESTYLE, BACKSTROKE, BREASTSTROKE, ELEMENTARY BACKSTROKE*

1. EXTENDED SWIM
2. TECHNIQUE REFINEMENT IN ALL STROKES, INCLUDING SIDESTROKE AND ELEMENTARY BACKSTROKE

**TO COMPLETE:**

1. FREESTYLE-300 YDS.
2. BACKSTROKE-100 YDS.
3. INDIVIDUAL MEDLEY-100 YDS
4. ELEMENTARY BACKSTROKE-50 YDS
5. BREASTSTROKE-100 YDS