

Some things to keep in mind while at our Jenison swimming lessons...

- Swimming apparel/attire:
 - Each child must bring his or her own suit and towel for every lesson.
 - 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 swim lessons.
 - If your child is not potty-trained, they must wear a swim diaper.
- Some rules/tips/hints to know for swim lessons:
 - 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.
 - Do not bring any personal toys or items from home. We do not want to mix them up with JPS pool toys.
 - Children must stand behind the silver line (drain) on the pool deck prior to their lessons and after. They may only cross this line when they are invited by their instructor. This rule goes for any other child on deck, as well.
 - Only give your child a light snack before lessons to avoid getting sick or disruptions.
 - Take your child to the bathroom immediately before class.
- Viewing Policy:
 - Preschool: Parents are invited to observe all eight 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.
 - 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 six classes).
 - Parents must be prompt in picking up their child from swim lessons.
 - Parents are welcome to 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.
 - We recommend talking to your instructors each day (10-15 minutes is allotted between lessons for interaction) on how

class went and how your child is progressing. This will keep you in the 'loop.' **Your child will improve and learn at a much higher rate when their full attention is on the instructor!**

- **Sickness:** If your child is suffering from diarrhea or sickness, please keep them home until they are feeling better.
- **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 24 business hours prior to the start of class. Any refund requests made less than 24 hours 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.
- **Minutes for lessons:** The American Red Cross (ARC) allows 360 minutes for instruction per level (1 and up) to keep all levels and locations that teach lessons on the same 'plan.' This is how they compare passing and failing among facilities and make lessons better and modify as necessary (too many kids passing, too many kids failing, etc). We offer eight 45-minute lessons or "Power Lessons" of six 60-minute lessons. Regardless, the total minutes must stay at 360 minutes at all facilities mandated by the ARC.
- **Class times 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. Some are later, some are earlier, but we try to fit in lessons as much as possible to serve our community.
- **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 and if you feel your child would do better with a smaller ratio of instructor to student,

please sign up for private lessons (1:1), semi-private lessons (1:2), or small group lessons (1:3).

- These ratios we commit to at Jenison are actually smaller than those allowed by the American Red Cross (ARC).
- 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 to each child's ability and instruct them accordingly to meet their needs. It has happened where we have passed kids through more than one level during a single set of lessons because that child was advanced and able to do all of the skills for both levels. 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, with the exception of preschool lessons, is a mandatory safety day. Power lessons still have the fourth class as the mandatory safety day.
 - Your child cannot pass their level without attending safety day and there are no make-ups.
 - Your child may bring his or her own Coast Guard Approved Lifejacket on safety day (we have lifejackets should you not have one).
- Combination classes: We sometimes do not fill certain levels offered. We often combine appropriate levels to ensure the running of a class but would never combine a class that would be a detriment to any child. Our options are to 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. Please trust your instructor.
- 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 with your instructor your desires and offer advice to them on how best your child learns.
 - 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).
 - Enjoy your lessons...