

Learn to Swim

2019-20 Fall/Winter Lessons

GROUP SWIM LESSONS: NOW Offering American Red Cross Lessons

Fall/Winter Swim lessons are offered as small group lessons at the Lake Jackson Recreation Center. Classes are 30 minutes per day and sessions run Tuesdays and Thursdays for 4 weeks (2 weeks for mini-session)

Fees: Full Session: \$40 Members/\$45 NM; Mini Session: \$20 Members/\$22.50 NM

**Ask about how to contribute to the
Swim Lesson Scholarship Program.**

PRIVATE/SEMI-PRIVATE LESSONS:

Private lessons offer one on one attention from our most experienced certified instructors. They offer flexibility by letting you choose the time that best fits your schedule. Lessons are available to any **swimmer 3 years old and up** and ability from beginner to competitive swimmers. For more information on sessions, fees, and dates see inside of packet.

4—30minutes Private Sessions
\$130 members/\$150 non-members

4—45 minute Semi-Private Sessions
\$200 member/\$220 non-member



For more information on sessions, fees, and dates see inside of packet

979.297.4533
Lakejackson-tx.gov

Classes/Levels/Descriptions

<p>Parent and Child Aquatics (formerly Water Babies) Ages 6 months To 3 years</p>	<p>Basic level course that introduces small children into swimming pools. Parent and Child Aquatics helps to familiarize children with the water and teach swimming readiness skills. It will provide safety information for parents and teach techniques parents can use to orient their children to the water. An adult who is ready to swim must accompany every child enrolled in the course.</p>
<p>Preschool Level 1 (formerly Tadpole) Ages 3–5 Beginning</p>	<p>Preschool Level 1 is a beginner level course for those who do not have much if any swim experience. Learning Objectives: • Enter and exit water using ladder, steps or side • Blow bubbles through mouth and nose • Submerge mouth, nose and eyes • Open eyes under water and retrieve submerged objects • Front and back glides • Recover from a front glide to a vertical position • Back float and recover to a vertical position • Roll from front to back and back to front • Tread with arm and hand actions • Alternating and simultaneous leg actions on front and back • Alternating and simultaneous arm actions on front and back • Combined arm and leg actions on front and back • Plus age-appropriate water safety topics</p>
<p>Preschool Level 2 (formerly Seahorse) Ages 3–5 Intermediate</p>	<p>Preschool Level 2 is a course for those who are used to the water and are not timid of it. Learning Objectives: • Enter water by stepping in • Exit water using ladder, steps or side • Bobbing • Open eyes under water and retrieve submerged objects • Front and back floats and glides • Recover from a front and back float or glide to a vertical position • Roll from front to back and back to front • Tread water using arm and leg actions • Combined arm and leg actions on front and back • Finning arm action on back • Plus age-appropriate water safety topics</p>
<p>Preschool Level 3 (formerly Goldfish or Koi) Ages 3–5 Advanced</p>	<p>Preschool Level 3 is a course for the more advanced swimmer. Learning Objectives: • Enter water by jumping in • Fully submerge and hold breath • Bobbing • Rotary breathing • Front, jellyfish and tuck floats • Recover from a front and back float or glide to a vertical position • Back float and glide • Change direction of travel while swimming on front or back • Tread water using arm and leg actions • Combined arm and leg actions on front and back • Finning arm action on back • Plus age-appropriate water safety topics</p>
<p>Learn-to-Swim Level 1 Introduction to Water Skills (formerly Flounder) Ages 6 – 12</p>	<p>Learn-to-Swim Level 1 is a beginner level course for this age group. Learning Objectives: • Enter and exit water using ladder, steps or side • Blow bubbles through mouth and nose • Bobbing • Open eyes under water and retrieve submerged objects • Front and back glides and floats • Recover to vertical position • Roll from front to back and back to front • Tread water using arm and hand actions • Alternating and simultaneous leg actions on front and back • Alternating and simultaneous arm actions on front and back • Combined arm and leg actions on front and back • Plus age-appropriate water safety topics</p>
<p>Learn-to-Swim Level 2 Fundamental Aquatic Skills (formerly Mullet) Ages 6 – 12</p>	<p>Learn-to-Swim Level 2 is a step up from beginners. Learning Objectives: • Enter and exit water by stepping or jumping from the side • Fully submerge and hold breath • Bobbing • Rotary breathing • Open eyes under water and retrieve submerged objects • Front, jellyfish and tuck floats • Front and back glides and floats • Recover to vertical position • Roll from front to back and back to front • Change direction of travel while swimming on front or back • Tread water using arm and leg actions • Combined arm and leg actions on front and back • Finning arm action • Plus age-appropriate water safety topics</p>
<p>Learn-to-Swim Level 3 Stroke Development (formerly Snapper) Ages 6 – 12</p>	<p>Learn-to-Swim Level 3 is a course for the intermediate swimmer. Learning Objectives: • Enter water by jumping from the side, fully submerging and recovery • Headfirst entries from the side in sitting and kneeling positions • Bobbing while moving toward safety • Rotary breathing • Survival float • Back float • Change from vertical to horizontal position on front and back • Tread water • Flutter and dolphin kicks on front • Scissors and breaststroke kicks • Front crawl and elementary backstroke • Plus age-appropriate water safety topics</p>
<p>Learn-to-Swim Level 4 Stroke Improvement (formerly Pompano) Ages 6 – 12</p>	<p>Learn-to-Swim Level 4 is a continuous intermediate level course. Learning Objectives: • Headfirst entries from the side in compact and stride positions • Swim under water • Feetfirst surface dive • Survival swimming • Front crawl and backstroke open turns • Tread water using 2 different kicks • Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly • Flutter and dolphin kicks on back • Plus age-appropriate water safety topics</p>
<p>Learn-to-Swim Level 5 Stroke Refinement (formerly Barracuda) Ages 6 – 12</p>	<p>Learn-to-Swim Level 5 is an advanced level course. Learning Objectives: • Shallow-angle dive from the side then glide and begin a front stroke • Tuck and pike surface dives, submerge completely • Front flip turn and backstroke flip turn while swimming • Tread water legs only • Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly • Sculling • Plus age-appropriate water safety topics</p>

2019-20 FALL/WINTER SWIM LESSONS

Aquatic Class Policies

It is your responsibility to read and familiarize yourself with these policies. Please keep for your records.

First Day: Recreation Center members and non-members must sign the program activity roster at the front desk before entering pool. Unless observers have a Recreation Center membership, they are not permitted to use the Recreation Center.

Attendance: Please show up at least 5 minutes before class begins. Late entries may not be allowed to participate, and the instructor(s) will not schedule a makeup session.

Inclement Weather: Outdoor swim lesson cancellations and rescheduling will not be decided until 8am (morning classes) or 4 pm (evening classes) on the day of class. Whenever possible classes will be moved to the Natatorium at the Recreation Center or pushed back for the following weather conditions: thunder and lightning, and/or heavy rain. Any class that has been in session for 15 minutes or longer will not be made up if unruly weather approaches. For those classes that are cancelled, plan on the makeup being on the Friday of that week. Updates will be posted on our Facebook page or your instructor will contact you regarding makeup information.

Refunds/Cancellations: The Lake Jackson Recreation Center reserves the right to cancel programs due to insufficient registration or injury or illness of instructor(s) within 72 hours of the scheduled program. Participants will be notified by phone of the cancellation and a full refund will be given for activities.

Program/activity registrations are considered final. If you must cancel or change your registration you must submit a request in writing to the Lake Jackson Recreation Center. All approved cancellations/changes will be charged a \$12 administration fee. Cancellation/changes received in writing at least 14 days prior to program/activity start date will be given a full refund less the cancellation fee. Cancellations/changes made within 7-13 days prior to program/activity start date are eligible for a 50% refund less the \$12 administration fee. Cancellations/Changes made less than seven (7) days from the start of the program/activity are not eligible for a refund.

Appropriate attire: All participants should come dressed in their bathing suits and bring towels. If it is necessary to change at the facility, please arrive several minutes early for the scheduled class, but no more than a half an hour. Please properly label all items brought onto the deck, as we cannot be responsible for lost or stolen items.

Class Level: The instructors have the ultimate discretion on which class level is best for a youth and have the right to switch a child into a higher- or lower-class level. Please be aware that although your child's swimming ability and comfort in the water will improve, we do not guarantee that your child will pass each level.

Instructors: If you feel a swim instructor or other Recreation Center staff member does not provide a sufficient level of customer service, please contact Aquatics Coordinator. All patrons are encouraged to fill out an evaluation form at the front desk at the completion of the session so we can see how to better serve our customers.

Class discipline: We reserve the right to take children out of classes when they are verbally or physically abusive to students or instructors, or if they disrupt the class.

Special Note: A certificate from any one of our classes does not ensure against drowning! Panic is the major cause of drowning & even a good swimmer can panic. Parents should always watch children at a pool or a wading pool, even when there is a lifeguard on duty. Parents know their child's ability level & can spot a problem more quickly than a lifeguard. Never assume that a child is safe in a water rings, swim ring, inner-tube, float toy, holding on to a kickboard, or even a Coast Guard approved life jacket. The child may float into water over his/her head, lose their floating support & find themselves too far from the side of the pool.

Private/Semi-Private Swim Lessons: All lessons are dependent on availability of the instructor and facilities. As we host other aquatic events and facility reservations, we are limited by the schedules and availabilities of both our instructors and facilities. It is our goal to process and begin all lessons as soon as possible without sacrificing the high-quality service we strive to provide. In the event an instructor is not immediately available, the swim lesson request forms are filed according to the date in which they were received. Once an instructor who has a schedule compatible with the requested lesson times becomes available, they will contact our applicants to set up a lesson schedule. Semi-private should consist of two participants only and should be registered at the time of sign-up.

2019-20 FALL/WINTER SWIM LESSONS



Participant Name _____ Nickname: _____

Grade Level: _____ DOB: _____ Age: _____ Gender: _____

Address: _____ City _____ Zip _____

Home Phone _____ Email _____

YOUTH SWIM LESSON SCHOLARSHIP DONATION: The Lake Jackson Parks and Recreation Department maintains a scholarship fund to help those who do not have the financial means to participate in swim lessons. If you are interested in donating, please complete the following:

Amount you would like to donate: \$5 _____ \$10 _____ \$20 _____ \$30 _____ \$40 _____ Other _____

Name as you would like it to appear? _____

Please circle the lesson you are registering for:
Swim Lessons Schedule (Tuesdays and Thursdays)

	6:00 – 6:30 pm	6:35 – 7:05pm	7:10 – 7:40pm	Total Fees
Fall Session I (Mini Session) September 17 – 26	*Parent and Child Aquatics (6 months – 3 years)	Preschool Level 1 3-5 years	Preschool Level 2 3-5 years	
	Preschool Level 2 3-5 years	Preschool Level 2 3-5 years	Learn-to-Swim Level 1 6-12 years	
Fall Session II October 8 – 31	Preschool Level 1 3-5 years	Preschool Level 2 3-5 years	Learn-to-Swim Level 2 6-12 years	
	Preschool Level 3 3-5 years	Learn-to-Swim Level 1 6-12 years	Learn-to-Swim Level 3 6-12 years	
Winter Session (Mini Session) January 14-23	*Parent and Child Aquatics (6 months – 3 years)	Preschool Level 1 3-5 years	Preschool Level 1 3-5 years	
	Preschool Level 2 3-5 years	Preschool Level 2 3-5 years	Learn-to-Swim Level 1 6-12 years	
	Learn-to-Swim Level 2 6-12 years	Learn-to-Swim Level 1 6-12 years	Learn-to-Swim Level 4 6-12 years	
Spring Session I February 4-27	*Parent and Child Aquatics (6 months – 3 years)	Preschool Level 1 3-5 years	Preschool Level 2 3-5 years	
	Preschool Level 3 3-5 years	Preschool Level 2 3-5 years	Learn-to-Swim Level 2 6-12 years	
	Learn-to-Swim Level 1 6-12 years	Learn-to-Swim Level 1 6-12 years	Learn-to-Swim Level 3 6-12 years	
Spring Session II April 7 – 30	*Parent and Child Aquatics (6 months – 3 years)	Preschool Level 1 3-5 years	Preschool Level 3 3-5 years	
	Preschool Level 1 3-5 years	Preschool Level 2 3-5 years	Learn-to-Swim Level 2 6-12 years	
	Learn-to-Swim Level 3 6-12 years	Learn-to-Swim Level 3 6-12 years	Learn-to-Swim Level 3 6-12 years	
<p>*Parents are required to be in the pool with the child during these classes Parents must stay in the pool area for any child under 11 All lessons will be at the Lake Jackson Recreation Center</p>			DONATION	
			TOTAL DUE	

Have you taken lessons at the Lake Jackson Recreation Center before? Yes ____ No ____

If yes, please list when? _____

Can we text you if there are any class changes? Yes ____ No ____ Cell Phone Number: _____

PARENT/GUARDIAN – Primary Emergency Contact	PARENT/GUARDIAN
Name _____	Name _____
Relationship Participant _____	Relationship Participant _____
Cell Phone _____	Cell Phone _____
Additional Emergency Contact: Name _____ Phone _____ Relationship _____	
Is the participant and active member of the Lake Jackson Recreation Center?	Yes ____ No ____
Have you taken lessons at the Lake Jackson Recreation Center before?	Yes ____ No ____
If yes, please list when? _____	
Can we text you if there are any class changes?	Yes ____ No ____
Does your Child have any Allergies?	Yes ____ No ____
If YES, please list: _____	
Is your child subject to diabetes, asthma, fainting, or heart trouble?	Yes ____ No ____
If YES to any of these, please explain: _____	
Does your child have any activity restrictions?	Yes ____ No ____
If so, what restrictions? _____	

CONSENT TO PHOTOGRAPHED

I understand that City of Lake Jackson employees often take photographs of various community and/or athletic events throughout the community. I hereby grant the City of Lake Jackson permission to use my likeness or, if I am the parent or legal guardian of a minor child who is younger than 18 years of age, I give permission to use the minor’s likeness in a photograph or other digital reproduction in any and all of its publications, including website entries, without payment or any other consideration. I further give permission to the City of Lake Jackson to share this image with third parties for use in any and all of its publications, including website entries, without payment or other consideration.

REFUND/CANCELLATION POLICY

The Lake Jackson Recreation Center reserves the right to cancel programs due to insufficient registration or injury or illness of instructor(s) within 72 hours of the scheduled program. Participants will be notified by phone of the cancellation and a full refund will be given for activities.

Once program/activity registration has been completed, it is considered final. All cancellations and refunds are subject to a \$12 fee. If you wish to cancel or change your registration you must request a cancellation/change at least 14 days prior to program/activity start date to receive a full refund less the cancellation fee. Cancellations/changes made within 7-13 days prior to program/activity start date are eligible for a 50% refund. Cancellations/Changes made less than seven (7) days prior to program dates are not eligible for a refund. No refunds will be given for programs/classes where the class fee is less than the administration fee.

CONSENT TO PARTICIPATE AND HOLD HARMLESS

I understand and agree to indemnify, save and hold harmless the City of Lake Jackson, its agents and employees, from and against all claims, damages, losses and expenses (including attorney’s fees, medical, and ambulance cost) that may arise out of my child’s use of or presence on city property or arising out his or her participation in any activities or functions that may occur during the program, including contact with persons, animals or creations of nature of any and every kind that exist on property that may or may not be under the control of the City of Lake Jackson. In case of an emergency and I cannot be contacted, then I hereby authorize medical treatment.

By signing below, you are affirming you have read, understand and agree to comply with the terms and conditions of this agreement.

(Parent/Legal Guardian’s Signature)

(Date)

OFFICE USE ONLY:					
Total Due: _____	Payment: _____	Cash _____	Check # _____	Credit _____	CC AUTH #: _____
Emp Initials: _____	Date: _____				