

Learn to Swim 2020 Summer Lessons

GROUP SWIM LESSONS:

Due to COVID-19 concerns, all Summer 2020 lessons will be taught in a modified structure in order to maintain social distancing. All lessons (with the exception of Level 5 and Adult levels) will be taught by instructors from the deck with the guardians in the water with student providing hands on correction.

Please see the inside of packet for more information and new policies.

Summer Swim lessons are offered as small group lessons. Classes are 30 minutes per day and sessions run Monday through Thursday for 2 weeks.

Facility: Lake Jackson Recreation Center, 91 Lake Rd.

Fees: \$40 Members/\$45 Non-Members

Dates: Summer Session 1—June 15-25, 2020
Summer Session 3—June 29-July 9, 2020
Summer Session 4—July 13-23, 2020
Summer Session 5—July 27-Aug. 6, 2020

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



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

979-297-4533

lakejackson-tx.gov



Classes/Levels/Descriptions

| | |
|--|--|
| <p>Parent and Child Aquatics 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 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</p> |
| <p>Preschool Level 2 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</p> |
| <p>Preschool Level 3 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</p> |
| <p>Learn-to-Swim Level 1 Introduction to Water Skills Ages 6 – 12</p> | <p>Learn-to-Swim Level 1 is a beginner lever 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</p> |
| <p>Learn-to-Swim Level 2 Fundamental Aquatic Skills 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</p> |
| <p>Learn-to-Swim Level 3 Stroke Development 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</p> |
| <p>Learn-to-Swim Level 4 Stroke Improvement 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</p> |
| <p>Learn-to-Swim Level 5 Stroke Refinement 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</p> |
| <p>Adaptive Course All Ages</p> | <p>The adaptive course is designed to benefit any special needs disability through water training. Participants receive one-on-one instruction and work on skills such as floating, paddling, breathing techniques, and stroke development. The structure of the class is designed to match the needs of the participant.</p> |
| <p>Adult Course Ages 13 & Up</p> | <p>The adult course is for any beginner – intermediate who wants to learn how to swim. This course teaches a wide range of skill level, the instructor will work “hands-on” with each individual and will expect self-motivation to practice. The swimmers in this course are eager to learn and usually work hard at practicing the skills to make them perfect</p> |

2020 SUMMER 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.

2020 SUMMER SWIM LESSONS



NEW Summer 2020 Swim Lesson Aquatic Class Policies

Before the first day:

All lessons (with the exception of Level 5 and Adult levels) will be taught by instructors from the deck with the guardians in the water with student providing hands on correction.

Please keep in mind Social distancing guidelines will be enforced in all areas of the facility, at all times. Staff will be wearing masks and gloves and will be stationed throughout the facility regularly sanitizing high touch areas and enforcing social distancing. Again, our top priority is the safety and health of our patrons and staff. Please do your best to make a conscience effort to use this time to improve your personal mental and physical well-being without compromising that of someone else.

Patrons should wash or disinfect hands upon entering a facility and after any interaction with employees, other customers, or equipment they use. While gloves that fully cover from the wrist to the fingertips are required when coming into the main building, that are not required in the pool or pool area. If you plan to only stay in the pool area, you do not need gloves, however, if you plan on going to the main building to use the restroom, book a new class, make a reservation for the fitness class, etc., you will need to wear gloves. Face masks are not required but are strongly encouraged.

The pool faces a number of challenges in reopening due to the confined nature of the area and difficulty in controlling the CDC social distancing guidelines. The Recreation Center pools will be scheduled for swim lessons, water fitness and lap swim only, no recreational swimming or swim team practice during Phase 1.

Please see full [Lake Jackson Recreation Center Phase 1 – Reopening Plan](#) for complete policy guide.

Before class starts:

- Participants may arrive 10-15 minutes before their scheduled class, no earlier. Lining up before being able to enter the Natatorium with not be allowed.
- Enter the Natatorium through the doors on the North side of the building.
- Everyone should come in their swimsuits prepared to swim and bring what they need to properly dry off after using the pools. Use of the locker rooms for changing and showers will NOT be permitted at this time.
- Only the swimming lesson participants and one (1) parent/guardian will be allowed to enter. At this time, no one can observe the lessons.
- All participants will check in with greeter and then go to an individual, roped off area on deck and wait for further instruction from greeter or instructor.
- Participants should only bring essential items in the pool area. Participants will be required to keep their belongings in a small fitness bag (shoes, keys, bottled water, towel, etc.).



During class:

- A parent/guardian will be in the water at all times with every student with the exception of Learn to Swim Level 5 and Adult lessons.
- Instructors will teach from the pool deck and will not enter the water or violate social distancing recommendation of 6 feet.
- Instructors will direct parents/guardians in how to use hands on correction.

After class:

- All students and parents and guardians must leave after their lesson in over.
- There is a deck shower available to rinse off if desired. Proper social distancing must be followed if there is a line at the shower.

2020 SUMMER 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:

| | | Session 1 June 15-25 \$40 m/\$45 nm | Session 2 June 29-July 9 \$40 m/\$45 nm | Session 3 July 13-23 \$40 m/\$45 nm | Session 4 July 27 – Aug 6 \$40 m/\$45 nm | Total Fees |
|--|----|---|---|---|--|------------|
| Parent and Child Aquatics 6 mths – 3 yrs | AM | | | | 9:45 | |
| | PM | | 3:45 | 6:45 | | |
| PRE-SCHOOL | | | | | | |
| Level 1 3 – 5 yrs | AM | | 11:15 | 9:45 | 11:15 | |
| | PM | 3:45 | 6:45 | 3:45 | 6:45 | |
| Level 2 3 – 5 yrs | AM | | 9:45 | 11:15 | | |
| | PM | 6:45 | | | 3:45 | |
| Level 3 3 – 5 yrs | AM | | | 9:45 | 11:15 | |
| | PM | 3:45 | 6:45 | | | |
| Learn-to-Swim | | | | | | |
| Level 1 6 – 12 yrs | AM | | 9:45 | 11:15 | | |
| | PM | 6:45 | | | 3:45 | |
| Level 2 6 – 12 yrs | AM | | 11:15 | | | |
| | PM | | | 3:45 | 6:45 | |
| Level 3 * 6 – 12 yrs | AM | | 9:45 | 11:15 | 9:45 | |
| | PM | 5:15 | 3:45 | 5:15 | 6:45 | |
| Level 4 * 6 – 12 yrs | AM | | | 9:45 | 11:15 | |
| | PM | 6:45 | 5:15 | 6:45 | | |
| Level 5 * 6 – 12 yrs | AM | | 11:15 | | | |
| | PM | 3:45 | | 3:45 | 5:15 | |
| Specialty Classes | | | | | | |
| Adult Course* Age 13 & Up | AM | | | | | |
| | PM | | 6:45 | | 3:45 | |
| 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: _____ | | |