



Swim School Parent Handbook

Dear Swim School Parents:

We hope you and your children enjoy the first day of Swim School. Our goal is to provide the best instruction possible and help each child enjoy the experience and enhance his or her love of the water. We have compiled a parent handbook to answer some of the frequently asked questions about Swim School. We have also provided a guide of the skills necessary to complete a level and move up to the next.

About the School

Our Swim School is comprised of seven levels. On the first day of class, your child will be assessed and placed in the appropriate level to their current **mastery** of specific skills. Do not be concerned about where they begin. Each of our seven levels imparts four to six easy-to-follow skills in a progression leading from one level to the next. Upon completion of the seven levels of Swim School, your child will know how to swim like a champion! You can rest assured that your child is constantly learning how to be safe and to protect him or herself and others in and around the water.

Our Philosophy

All effective swim programs will divide the learning process into small, attainable steps. Students thrive in programs where the goals are achievable and their confidence builds gradually. Once one skill is mastered the motivation continues to learn the next.

Our system is based upon positive reinforcement of good effort and advancement. After each lesson the students receive a reward of a small treat, just for the fun of it! Additionally, as a child moves to the next level in Swim School, they will ring a bell to celebrate their accomplishment. **When you hear the bell, we encourage everyone to clap and cheer.** Nothing means more to the children than mastering a skill and having all the grownups and other swimmers take notice.

We all know what it's like to be told or ordered to do something. Whether it was at school or by your parent, completing a task feels better if it was 'our' idea and we feel empowered. Please encourage your children to do well and let them know that swimming is fun.

Consistency in swim lessons is crucial not only to learn well, but also for safety. If your child disobeys an instructor during class they will be redirected and the behavior expectation will be reinforced. If the child continues to disobey the instructor, he/she will be asked to sit out of the pool and the parent will be notified. Safety is very important to us at TG Swim School. Rules are enforced for the safety of your child and the other students.

Remember, children must **walk** around the pool deck at all times. Rough housing or aggressive behavior will not be tolerated.

Your Role

To help your child get the most from the TG Champion Swim School we ask:

1. That your child is ready to get into the water (and stay in the water) at the lesson start time. Please make sure your child has used the restroom and has goggles ready prior to the beginning of class
2. That your child use goggles (*no face masks*) to see better and for comfort. We have models available for a reasonable cost at the front desk.
3. That you remain off of the pool deck. Please sit in the Parent Lounge during class. Your child should be focused on his/her instructor. Distractions will impede the learning process. Please only approach the pool if asked by an instructor to do so.
4. That you display enthusiasm and confidence at all times. Swimming is FUN!
5. Talk with instructors before or after, but never during class time.

Inclement Weather or Facility Closure

The Team Greenville Swim School class schedule is subject to change or cancellation due to facility closure or inclement weather. When possible, we will endeavor to offer a make-up lesson when this occurs. Refunds will not be given. No refunds, prorated tuition or make-ups available for student absences.

In the event of a class cancellation due to facility closure or inclement weather, the Swim School Coordinator will work with the Westside Aquatic Complex Staff to find a suitable make-up time. A make-up class is subject to instructor and facility availability. We do not offer make-up lessons on an individual basis. No credit is offered for missed or cancelled classes.

Team Greenville reserves the right to change policy and procedures at any time without prior notice to ensure ongoing quality and service.

The Stations

The TG Champion Swim School is divided into seven stations (levels) based on a defined set of skills. You will find a list of skills for each station listed below. Many parents find it helpful to work with their children to reinforce the skills reviewed in class. The more time you can practice the skills with your child the quicker they will progress.

Water Acclimation

Station One

- Entry/exit
- Blow bubbles
- Body parts (cheeks, ears, face) in the water
- Lay in shallow water
- Back float position (assisted)
- Switch arms in shallow water
- Assisted kicking
- Play water games

Station Two

- Goes underwater comfortably and completely
- Bobbing (assisted)
- Sits and slides in

- Floating – Front and back with recovery
- Flutter kick
- Streamline
- Arm Action – Sculling action

Primary Skills

Station Three

- Breath Control – submerge entirely and retrieve an object; rotary breathing in horizontal position (5 times)
- Floating – front and back, unassisted (face in on front)
- Arm Action – Front and back alternating arm strokes
- Kicking – without a board front and back in streamline position for 10 yards (minimal assistance)
- Swimming – Begin backstroke & freestyle for 10 yards (minimal assistance)

Station Four

- Rotary breathing while swimming (little assistance, 10 yards)
- Floating – maintain back float for 20+ seconds
- Streamline – Push off the wall in a streamline glide on front and back
- Kicking – with board for 20 yards; intro to butterfly kick
- Swimming – Freestyle and backstroke unassisted for 15 yards
- Deep water familiarity – float, kick, stroke in deep water
- Diving – sitting and kneeling dives from the side

Stroke Readiness

Station Five

- Kicking – kick with a board unassisted for 25 yards, fly kick with board for 10 yards and intro to breaststroke
- Floating – Float on back unassisted for 1 minute
- Swimming – Push off the wall in a streamline and swim freestyle & backstroke for 20 yards – unassisted with rotary breathing
- Diving – Standing dive from the side, intro to racing start
- Begin turns – open turns, somersaults

Station Six

- Kicking – Kick with and without a board for 25 yards (freestyle, butterfly and breaststroke)
- Swimming – Push off wall in a streamline and swim freestyle and backstroke for 25 yards with bi-lateral breathing
- Arm action – Begin butterfly drills
- Diving – Standing dive from well, intro to racing start
- Turns – Somersault turns, open turns

Introduction to Competitive Swimming

Station Seven

- Kicking – Kick freestyle and backstroke with and without a board for 50 yards, kick butterfly with a board for 25 yards, kick breaststroke for 25 yards

- Swimming – Push off wall in streamline and swim freestyle and backstroke for 50 yards, butterfly arms, breaststroke pull/kick/glide; butterfly timing drills
- Breath control – bi-lateral (3 stroke) breathing pattern (freestyle)
- Diving – Dives from dive blocks (Instructor supervised)
- Both Open and Flip turns and push off from wall (incorporate into the strokes)

Contact

If you have any questions regarding Swim School, please feel free to contact me:

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