

# AQUATICS IMPORTANT SWIM LESSON INFORMATION



## Indoor and Outdoor Pools

Due to the COVID-19 pandemic, many procedure updates will be implemented to minimize the spread of the virus. The District strives to provide a safe environment while still providing a fun and positive experience. The District is also committed to minimally meet or exceed all State/County COVID guidelines.

South Suburban Aquatics has created a safer way to conduct lessons with the current Safer at Home required guidelines. Until further notice, all swim lesson instruction will be happening from the deck to ensure safe physical distancing. We also will be consolidating swim lesson levels as outlined below. Finally, for Level 3 and lower options, a parent/guardian (age 16+) will be in the water with the child to directly assist with skills. The "Child Advanced" Course (Levels 4 & 5) will not require a parent since the child completed or has competent swimming skills to be in the water without support.

### General Guidelines

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- Advanced registration is required and is available online [here](#).
- Appropriate facial coverings/masks, covering the nose and mouth, are required at the facility. Masks may be removed while 6' of distance is easily maintained. MASKS CANNOT BE WORN IN THE WATER.
  - Children 3 and under are not required to wear a mask.
- Be swim ready upon arrival. Come dressed and showered to participate with a filled water bottle. Lockers are not available for use and showers are limited.
- Check in is permitted no more than 10 minutes before the scheduled class start time.
- Please do not enter the pool until the instructor invites you in.
- All guests must maintain 6' of distance from others in the facility. Masks must be worn while approaching staff.
- Pool furniture is closed at Cook Creek and extremely limited at Indoor pools. Guests may bring their own chairs, subject to staff approval.
- Anyone who is sick or has symptoms of COVID-19 should stay home.
- Children under the age of 14 must be accompanied by an adult guardian.
- Guests who fail to follow guidelines and staff direction may be asked to leave and refunds will not be issued.

### Updated Swim Lesson Levels

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- Parent/Tot (6 months-3 yrs):
  - One parent/guardian (16+) per child.
  - Prerequisite: No previous experience needed.
  - Description: Fun activities and positive experiences teach you and your child how to be safe in the water. Tots work on entering and exiting the water, floating and gliding on their front and backs and blowing bubbles. Each child must be accompanied by a parent or guardian. Swim diapers are required under bathing suit for the children who are not potty-trained, vinyl pants over swim diapers are recommended.
- Child and Parent Beginner (ages 4 and up, includes preschool Level 1 & 2 and school age Level 1):
  - One parent/guardian (16+) per child.
  - Prerequisite: No previous experience needed.
  - Description: First timers and timid swimmers build confidence and become independent going underwater, blowing bubbles, floating on front and back, gliding front and back for 2 body lengths and recovering to a vertical position. Learn appropriate arm action and kicking for both the front and back crawl.

- Child and Parent Intermediate (ages 4 and up, includes preschool level 3 and school age level 2 & 3):
  - One parent/guardian (16+) per child.
  - Prerequisite: Must be confident with front/back floats, beginning arm strokes and fully submerging head.
  - Description: Moving towards confidence/independence in water; Focus on stroke technique; Intro to strokes.
- Child Advanced (ages 6 and up, includes school age levels 4 & 5):
  - Child only attends and is in water while instructor instructs from the deck with no direct contact.
  - Prerequisite: Needs to swim fully independent, able to swim 15 yards, and be comfortable in deep water.
  - Description: Refine skills and increase endurance by swimming familiar strokes (front crawl, elementary backstroke) and intro to new strokes.

### **Session Dates and Fees**

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- Until further notice sessions will be offered weekly beginning 6/22 and will meet Monday-Thursday for 30 minutes each class. Times will vary by location.
- Fees: \$26R/\$35NR

### **Additional Questions or Concerns**

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