

PROGRAM INFORMATION

Group Lessons

Fees are \$30 for six 45-minute lessons offered:

- Monday/Wednesday/Friday (summer only)
- Monday/Wednesday
- Tuesday/Thursday
- Friday only and Saturday only

Parent and Child classes are 30 minutes in length.

Private/Semi-Private Lessons

The city of Las Vegas Aquatic Unit can accommodate requests for Private and Semi-Private swim lessons at all pools (season permitting). Private lessons are \$125 for six 45-minute lessons. Semi-Private lessons are \$65 for six 45-minute lessons.

Class Ratios

All group lessons have a minimum of four students required. Class enrollment that does not meet the minimum requirement will be cancelled the Thursday prior to a session. Cancelled classes will be notified with the option to transfer, upgrade or refund. • Parent and Child 1:12 • Preschool 1:6 • Learn to Swim and Teen/Adult 1:8 • Semi-Private 1:3 • Private 1:1

PROGRAM POLICIES

Transferring Classes

Transfers will only be granted prior to the first class meeting by submitting a refund request form.

Refunds

Refund requests can be made to the Aquatics Coordinator seven days prior to the first class by submitting a refund request form. Refunds will immediately be returned to a credit/debit card used for the original transaction. Cash transactions will be refunded by mailed check within 2-4 weeks. Prorated refunds are not available.

Make Up Lessons

We do not offer make-up lessons. If we cancel a class due to a special event, inclement weather, etc. you will receive notification as to if and when that lesson will be made up or refunded.

Weather Policy/Pool Closures

There may be times when the facility must be closed. This could include weather related occurrences. In the event of severe inclement weather please contact your pool to inquire about the status of lessons. Please see the make-up policy for information about cancelled lessons.

REC Pass

All students and their parents and/or guardians are required to have a REC PASS and must scan in upon entering the facility, at each class session. The REC PASS is free of charge however there is a \$5 fee should you have to replace it. **Please pick up your REC PASS at the pool prior to your first class date.** Once you receive a REC PASS, please keep it as you can use for concurrent sessions, month to month.

Waiting List

If a class is full, participants can register on the waiting list at no cost. If space becomes available, the waiting list will be called in order of registration. If the parent/participant no longer shows interest or after 24 hours there has been no response, the next person on the waiting list will be contacted.

Prorated Class Fees

For sessions scheduled with less than six lessons, a prorated fee will apply. Please refer to the brochure for the appropriate class fee. Prorates will not be offered for missed classes.

WHAT TO EXPECT FROM LESSONS

First Day of Lessons

Plan to arrive early and bring your receipt. Scan in all REC PASSES at the front desk counter. Wait in the designated lesson meeting area. Your instructor will introduce themselves and take attendance. If your child needs any special accommodations, please let your instructor know at this time. Your instructor will begin class by doing some warm-up activities and getting to know the participants and their skill level.

Before Lessons

Students should be ready to swim in proper swim attire when they arrive for lessons. Swimmers should visit the restroom before lessons to minimize time spent out of class. Make sure to apply sunscreen at outdoor locations. Children with shoulder length hair should pull it back as to not impede their vision. Participants should wait on deck until the instructor arrives.

During Lessons

During lessons, parents are welcome to observe classes from the waiting area. Instructors will have time after class to speak with parents about swimmer progress and questions. Instructors may request parent assistance with comforting a fearful swimmer, disruptive behavior, or bathroom breaks.

Final Day of Lessons

On the final day of lessons, instructors will administer the exit skill assessment for the level of the class. All participants in levels 1-6 will receive a completion certificate listing which skills they have completed and a progress report from the instructor. Students in Parent/Child, Teen/Adult and some Private classes will receive a simple certificate of completion. The instructor will notify parents at this time about whether a participant should repeat the level or move to a new level. We also ask that parents complete a comment survey during class and turn it in to your instructor or the front desk.

Conduct

The city of Las Vegas reserves the right to remove children from classes if they are disruptive, verbally or physically abusive to other students or instructors. No refunds will be given for participants removed due to conduct.



FREQUENTLY ASKED QUESTIONS

What does my child need to bring to class?

Your child will need to bring a towel, sunscreen and proper swim attire for each class. Proper swim attire is a swim suit or swim trunks. If children are not toilet trained, an approved swim diaper must be worn. Swim diapers are available for purchase at the front desk. Optional items may include swim goggles, ear ties or ear bands.

Who is teaching my child's class?

All of our teachers are certified American Red Cross Water Safety Instructors. Instructors also possess certification in First Aid and CPR. Prior to employment with the city of Las Vegas, all prospective employees must pass a thorough background check.

What are the prerequisites for each class and how do I know what level to register for?

Swimmers must meet the age and pre-requisite requirements for each class. Please see the program levels section for specific information about each level. We may make exceptions on a case by case basis. If you are still unsure after reviewing this information, please speak to a staff member with questions and/or to schedule a complimentary assessment.

How many lessons is it going to take for my child to become a swimmer?

Children vary widely when it comes to learning a skill. It is not unusual for a child to repeat a level several times before they are able to successfully complete the required skills and the exit assessment. Continued practice, encouragement and regular exposure to water are crucial in the development of your child's comfort level in the water and to the improvement of their skills.

What can I do to help my child advance through the various swim levels?

Practicing with your child outside of class is one of the fastest ways to help your child advance. It will help your child to improve both their skill and confidence level. Even if you cannot get your child to the pool for practice, they can practice at home in front of a mirror or even in the bathtub. Please visit the front desk for open swim hours of when your child can practice at the pool.

Can I stay on deck to watch lessons and take pictures?

We welcome parents to observe classes from the designated seating areas. This ensures class distractions are minimized and your instructor and student can focus on their learning progress together. The city of Las Vegas understands parents want to capture the memories of learning to swim. Please ensure that you are taking video or pictures of only your child during class. After the class is over, parents may request the opportunity to take a picture with their child and the instructor.



Parks ♦ Rec ♦ Arts

LEARN TO SWIM PROGRAM

CITY OF LAS VEGAS POOLS

Municipal Pool.....	702.229.6309
Pavilion Pool	702.229.1488
Baker Pool	702.229.1532
Doolittle Pool.....	702.229.6398
Garside Pool.....	702.229.6393
Carlos L. Martinez and Darrio J. Hall Family Pool at Gary Reese Freedom Park	702.229.1755

HOW TO REGISTER

To register for all levels, visit Municipal or Pavilion pool during open hours, or register online 24 hours a day, 7 days a week. During the summer, register at your pool of choice during regularly scheduled open swim hours in addition to online.

For online registration log onto:

REGISTRATION.LASVEGASNEVADA.GOV

You will need to create an account and have a credit card for payment (VISA, Mastercard or Discover). Please contact any city recreation center or call 702.229.2330 for assistance. You will be given an opportunity to print a receipt for your records.



PARENT & CHILD

Ages: 18 months - 3 years

Prerequisites: Swim diaper. Parent or guardian in the water.

Objectives: Parent and Child Aquatics teaches safe behaviors around the water and develops swimming readiness by leading parents and children in water exploration activities with the objective of having fun and becoming comfortable in, on and around water. Classes will focus on preparing children for the American Red Cross preschool level courses through motor skills development, independent exploration and water safety.

PRESCHOOL LEVEL 1

Ages: 3 - 5 years

Objectives: Orients young preschoolers to the aquatic environment and helps them gain basic aquatic skills. Classes aim to make students feel comfortable in the water and enjoy the water safely. Students are taught water entry and exit, floating with support, breath control and submerging, changing position, movement on the front and back and water safety.

Exit Skills Assessment:

- 1. Enter independently, using either the ladder, steps or side, travel at least five yards, submerge to mouth and blow bubbles for at least 3 seconds, then safely exit the water.
- 2. While in shallow water, glide on front at least two body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.

PRESCHOOL LEVEL 2

Ages: 3 - 5 years

Prerequisites: Successful completion of Preschool Level 1 or ability to complete Preschool Level 1 Exit Skills Assessment. Children should already be comfortable getting in and moving through the water. They should be willing to put their face in the water and use arm and leg movements while supported.

Objectives: This class will give participants fundamental skills such as floating and basic forward movement without support. Participants perform skills at a slightly more advanced level and gain more independence on the front and back.

Exit Skills Assessment: Can Be Performed with Assistance

- 1. Glide on front at least two full body lengths, roll to back, float on back for 15 seconds then recover to a vertical position.
- 2. Glide on back for at least two body lengths, roll to front, then recover to a vertical position.
- 3. Swim using combined arm and leg actions on front for three body lengths, roll to back, float for 15 seconds, roll to front then continue swimming on front for at last three body lengths.

PRESCHOOL LEVEL 3

Ages: 3 - 5 years

Prerequisites: Successful completion of Preschool Level 2 or ability to complete Preschool Level 2 Exit Skills Assessment. Children should be willing to fully submerge and be able to use arm and leg movements with assistance as needed.

Objectives: This class will improve participants’ coordination of arm and leg actions while moving. Participants will be able to perform basic aquatic skills with greater proficiency, for longer distances and time. Students will be introduced to jellyfish and tuck floats and changing direction while swimming. In addition, previously acquired water safety knowledge and skills are

reinforced and expanded upon.

Exit Skills Assessment:

- 1. Step from side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front for five body lengths, then exit the water.
- 2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
- 3. Push off and swim using combined arm and leg actions on front for five body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for five body lengths.

When students pass PS Level 3, they advance directly to Level 3.

LEARN TO SWIM LEVEL 1

Ages: 6 - 11 years

Objectives: Intended for children who have little or no water experience. Orients participants to the aquatic environment and helps them gain basic aquatic skills such as water entry and exit, floating with support, breath control and submerging, changing position, movement on the front and back and water safety.

Exit Skills Assessment:

- 1. Enter independently, using either the ladder, steps or side, travel at least five yards, bob five times then safely exit the water.
- 2. Glide on front at least two body lengths, roll to back, float for 5 seconds and recover to a vertical position, with assistance.

LEARN TO SWIM LEVEL 2

Ages: 6 - 11 years

Prerequisites: Successful completion of Learn to Swim Level 1 or ability to complete Learn to Swim Level 1 Exit Skills Assessment. Children should already be comfortable getting in and moving through the water. They should also be willing to put their face in the water and use arm and leg movements with assistance.

Objectives: This class will give participants success with fundamental skills such as submerging and basic forward movement on the front and back while performing them at a slightly more advanced level. Students will be introduced to jellyfish and tuck floats and changing direction while swimming. This level marks the beginning of independent swimming skills.

Exit Skills Assessment:

- 1. Step from side into chest-deep water, push off bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for five body lengths, then exit water.
- 2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
- 3. Push off and swim using combined arm and leg actions on front for five body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for five body lengths.

LEARN TO SWIM LEVEL 3

Ages: 6 - 11 years

Prerequisites: Successful completion of Learn to Swim Level 2 or ability to complete Learn to Swim Level 2 Exit Skills Assessment. Participants should already be swimming independently using arm and leg movements, but may still need assistance when taking a breath.

Objectives: Participants learn to swim front crawl and elementary

backstroke at the rudimentary levels and are introduced to the scissors and dolphin kicks. Participants learn the survival float and increase their treading water duration of time. Students will learn the rules for headfirst entries and begin headfirst entries from a seated position at poolside.

Exit Skills Assessment:

- 1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the pool exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.
- 2. Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

LEARN TO SWIM LEVEL 4

Ages: 6 - 11 years

Prerequisites: Successful completion of Learn to Swim Level 3 or ability to complete Learn to Swim Level 3 Exit Skills Assessment. Participants already possess stroke proficiency in front crawl and elementary backstroke. They have rudimentary kicking skills for whip and scissors kicks with the ability to tread water for one minute. They are comfortable in deep water and can enter the water headfirst from both the sitting and kneeling positions.

Objectives: Participants will learn the arm actions to build the sidestroke and breaststroke at the rudimentary level. Participants will also learn the back crawl and butterfly at the rudimentary levels in addition to open turns at the wall.

Exit Skills Assessment:

- 1. Perform a feet first entry into deep water, swim front crawl 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
- 2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
- 3. Submerge and swim a distance of three to five body lengths underwater without hyperventilating, return to the surface, then exit the water.

LEARN TO SWIM LEVEL 5

Ages: 6 - 11 years

Prerequisites: Successful completion of Learn to Swim Level 4 or ability to complete Learn to Swim Level 4 Exit Skills Assessment. Participants should already be demonstrating efficient and effective strokes in the front crawl and elementary backstroke. They have basic stroke proficiency in the breaststroke, back crawl, butterfly, and sidestroke. Participants must be able to enter the water headfirst from both the compact and stride positions.

Objectives: Participants refine their performance of all six swimming strokes. Students will work on further coordination and refinement of each stroke at greater distances. Participants will also learn to perform a flip turn on the front and back.

Exit Skills Assessment:

- 1. Perform a shallow-angle dive into water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout.
- 2. Swim breaststroke for 25 yards, change direction of travel as necessary, then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

LEARN TO SWIM LEVEL 6

Ages: 6 - 11 years

Prerequisites: Successful completion of Learn to Swim Level 5 or ability to complete Learn to Swim Level 5 Exit Skills Assessment. Participants should be able to demonstrate effectiveness and efficiency in all strokes. They have more endurance than previous levels and are using open and flip turns when swimming. They can enter the water using a shallow-angle dive and continue swimming.

Objectives: Participants refine strokes and turns while building endurance. This level will focus on three areas of advanced swimming dependent on swimmer goals: Personal Water Safety, Fitness Swimmer or Fundamentals of Diving.

TEEN/ADULT 1 OR 2

Ages: 12+ years

Objectives: These classes are intended for older teens and adults wishing to improve their knowledge of and skill in the water. Participants with no water experience or fear of the water should sign up for Level 1. Participants who have rudimentary proficiency in freestyle and backstroke, are comfortable in deep water, and can tread water should sign up for Level 2. Participants will learn skills according to their swimming goals at each level.

COMBINED LEVELS

Ages: 3 - 11 years

During winter months and at small pools, levels will be combined into Beginner and Advanced. Please see the level description for skills and information about each specific level.

Beginner: Preschool Levels 1 and 2, Levels 1 and 2

Advanced: Preschool Level 3, Levels 3 and 4

