



## FAIR LAWN RECREATION DEPARTMENT MEMORIAL SWIM LESSONS – 2019

Week # 1 - 7/01/2019 to 7/05/2019--(No 7/4)	Week # 5 - 7/29/2019 to 8/02/2019
Week # 2 - 7/08/2019 to 7/12/2019	Week # 6 - 8/05/2019 to 8/09/2019
Week # 3 - 7/15/2019 to 7/19/2019	Week # 7 - 8/12/2019 to 8/16/2019
Week # 4 - 7/22/2019 to 7/26/2019	Week # 8 - 8/19/2019 to 8/23/2019

**Parents may pick between 1- 8 weeks. Each week is \$25.00.**

\*All classes are Monday through Friday with the exception of the “Mommy/Daddy & Me” and Foundation swimming.

### SWIM CLASS CATEGORIES

1. Mommy/Daddy & Me – Ages 2 & 3
  2. Foundation Swimming – Age 4
  3. Advanced beginner swimming
  4. Pre-intermediate swimming
  5. Beginner – Confidence Swimming - Ages (5-6), (7-8), (9-12)
- (All classes are 30 minutes, except Advanced Beginner and Pre-Intermediate which is 50 minutes)

### SWIM CLASS DESCRIPTIONS:

#### **MOMMY/DADDY & ME or FOUNDATION SWIMMING – 30 minute class**

Overall this program is designed for the parent/guardian and the child to be able to explore the water in a fun-filled and exciting way. This class will provide a positive experience and builds a solid foundation for future swimming skills. Areas covered are supported back floating, bubble blowing, water walks, etc. The adults will also be made aware of various aspect of water and pool safety.

**Parent/guardian involvement is mandatory for Mommy/Daddy & Me. This means the parent must also go in the water. Parent/Guardian must be present at Foundation Swimming.** The class location is at Lifeguard chair #6.

#### **Beginners – Confidence Swimming – 30 minute class**

Areas covered in this class include breath holding, prone floating, back float from flutter kick, back flutter kick, front crawl stroke, rhythmic breathing, back crawl stroke, elementary backstroke, and review of all relevant pool rules and pool safety. The class location is at Lifeguard chair #6.

#### **Advanced Beginner – 50 minute class**

Areas covered include reviewing and refining beginner strokes, deep water acclimation, endurance, treading water, and instruction in water study. The class location is at Lifeguard chair #6, behind the rope

#### **Pre-intermediate – 50 minute class**

Areas covered includes front crawl (form), backstroke (form), sidestroke, sculling crawl (10 ft.), underwater swimming, change of direction, 2 minute swim, water safety. The class location is at Lifeguard chair # 3.

# FAIR LAWN RECREATION DEPARTMENT

## MEMORIAL POOL SWIM LESSONS SCHEDULE – 2019

Week # 1 - 7/01/2019 to 7/05/2019--(No 7/4)

Week # 2 - 7/08/2019 to 7/12/2019

Week # 3 - 7/15/2019 to 7/19/2019

Week # 4 - 7/22/2019 to 7/26/2019

Week # 5 - 7/29/2019 to 8/02/2019

Week # 6 - 8/05/2019 to 8/09/2019

Week # 7 - 8/12/2019 to 8/16/2019

Week # 8 - 8/19/2019 to 8/23/2019

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**CLASSES** – Same each week

### **Mommy/Daddy & Me – ages 2 & 3**

Class #1 – 10:00 a.m. to 10:30 a.m. – Monday and Wednesday or

Class #2 – same time on Tuesday and Thursday

### **Beginner - Confidence Swimming – ages 5 & 6**

Class #1 – 11:30 a.m. to 12:00 p.m. – Maximum 20

Class #2 – 1:00 p.m. to 1:30 p.m. – Maximum 20

### **Beginner - Confidence Swimming – ages 7 & up**

Class #1 – 11:00 a.m. to 11:30 a.m. – Maximum 20

Class #2 – 1:30 p.m. to 2:00 p.m. – Maximum 20

### **Foundation Swimming – ages 4**

Class #1 -10:30 a.m. to 11:00 a.m. – Monday and Wednesday or

Class #2 – same time on Tuesday and Thursday

### **Advanced Beginner**

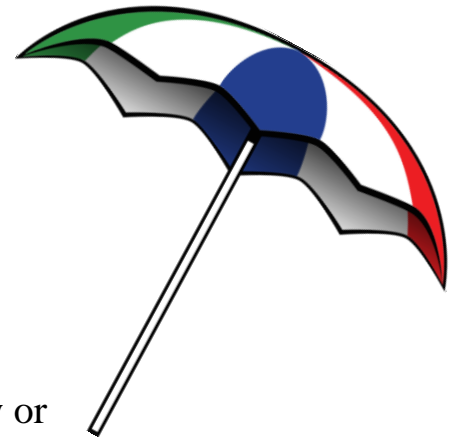
2:00 p.m. to 2:50 p.m. – Maximum 12

### **Pre-Intermediate**

3:00 p.m. to 3:50 p.m. – Maximum 12

### **Beginner - Confidence Swimming – ages 7 & up**

Class #1 – 4:00 p.m. to 4:30 a.m. – Maximum 20



# **MOMMY/DADDY & ME SWIM CLASS**

Dear Parent or Guardian,

The Fair Lawn Memorial Pool is pleased to have you participate in the Mommy/Daddy & Me program. You and your child will have the opportunity to experience water play and water safety. The following information will help create a safe, positive experience for you and your child.

## **PARENTS ROLE DURING THE LESSON**

- Children copy parental attitudes. What you say, do and your facial expression will influence your child.
- Praise your child. Reinforce all skills you want your child to repeat. Reward effort as well as accomplishments.
- Be positive. Ignore or minimize negative reactions such as crying and temper tantrums.
- Have patience. Children progress at their own rate in swimming readiness, just as in all areas of development.

## **CLOTHING**

- Jewelry should be removed before class.
- Corrective lenses should be worn when necessary.
- If your child is not toilet trained, he/she must wear a diaper covered with either a bathing suit or swim diaper with tight fitting legs.

## **HEALTH**

- Please tell your instructor if you or your child have any medical problems or disabilities.
- If your child becomes chilled or tired, take your child out of the water, wrap him or her up warmly, and observe the remainder of the class.

## **PARENTS ARE RESPONSIBLE AT ALL TIMES FOR THE SAFETY OF THEIR CHILDREN**

We know that this will be a fun and rewarding time for each of you. Please wait until the conclusion of the lesson, to talk to the instructors about any issues at the program.

# **SWIM LESSONS POLICIES AND INFORMATION**

**!!!!!!!!!!!! WE RESERVE THE RIGHT TO SWITCH A PARTICIPANT!!!!!!!!!!!!  
TO A CLASS THAT BETTER SUITS THEIR ABILITY.**

**During the first few classes the instructors will judge the child's ability. Please be aware that we may ask for you to switch class times.**

All participant instruction is dependent on the swimmer's ability, and our instructor's discretion.

**Important:** At the start of each class, (**5 and 6 beginner and 7 and up beginner**), we ask that the parents of class participants check their child in with the instructors. For your child's safety, please do not just drop them off. We need to have an exact headcount of participants at each class.

**Important:** Parents please come to pick up your child 5 minutes before the class ends. The instructors have to start the next class on time.

## **Cancellation/Rain policy**

**Cancellation:** classes with 12 maximum participants must have 4 registered or the class will be canceled. Classes with 20 maximum participants must have 6 registered or the class will be canceled. Mommy/Daddy & Me and Foundation Swimming classes must have a minimum of 3 registered or the class will be canceled.

**Rain Policy:** During inclement weather (rain, cold days, cold water, etc.) **our personnel reserve the right to hold a non-swimming class** discussing/teaching/informing participants of various relevant issues, rules, etc., governing Memorial Pool and safe swimming. Please have children bring sweat pants, sweat shirt, jacket, sneakers, etc. on these days.

Class progression is determined by ability, **not** by age. Participants must have passed the classes progressively (beginner, advanced beginner, etc.).

**When watching the swim lessons please have on your own Memorial Pool tag.**