

## Swim Lesson Tips For Parents

- If this is your child's first swim lesson session, be sure to talk to him/her beforehand about how fun lessons will be! Bringing your child to the facility to look around during recreation swim times can increase their comfort level. Facility schedules are available at the front desk.
- It is important that your child is on deck and ready to go five minutes before class starts. The swim lesson instructor will meet your child at the bleachers.
- If the participant has long hair, please put it into a ponytail or under a swim cap.
- Please do not allow your child to eat or drink for at least 30 minutes prior to the start of class.



- You are required to sit in the designated "observation area" while attending your child's lessons. It is often beneficial for parents to leave the pool deck and remain out of sight of their child for the duration of the swim lesson. This helps children focus on their lesson and the instructor.

- You are encouraged to talk to the instructor before or after class if you have questions about your child's progress.
- Attending all scheduled swim lessons will help your child to reach program goals. If you cannot attend a swim lesson for any reason, please inform your instructor beforehand.
- Practice is important! Review skills with your child outside of class. A bath tub, a home pool or any recreation swimming pool are perfect places to reinforce learning!
- Your support and encouragement are pivotal to your child's success in the program. Be happy! Celebrate their progress and set a good example by following proper water safety protocol.

## Durham Parks and Recreation Department

### Aquatics Unit



## Learn-to-Swim Program

## Swim Lesson Handbook

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Swim Lesson Tips For Parents

## Frequently Asked Questions

### **Q: What do I need to bring to swim lessons?**

A: Please make sure your child has a well-fitting, comfortable swim suit and a towel. Swim caps are optional, but long hair must be secured away from the face. If your child's eyes are sensitive to the water, wearing goggles is an option. Please make sure that goggles are well-fitting prior to the start of your child's lesson so that they do not become a distraction.

### **Q: If my child must miss a class, can he/she make up it?**

A: We do not offer make up classes unless the lesson is canceled by DPR due to inclement weather or unforeseen circumstances. Parents will be notified of any scheduled make-ups.

### **Q: What if my child cries or is afraid?**

A: Overcoming fear is a part of swim lessons. Our Swim Instructors and Program Managers are knowledgeable, enthusiastic and kid-friendly. If your child is reluctant to enter the pool, staff will assist. Instructors will encourage your child to join the class in a manner that is responsive to her/his needs. Sometimes tears have different causes other than fear. These causes can include temperature, separation anxiety or social anxiety. In these cases, the staff may ask you to remain out of sight of your child in order to allow him/her to focus on the class and the instructor. This is perfectly normal and most children cease crying within 10 minutes. Our staff is more than happy to work with you to figure out a method that works best for your child.

### **Q: Why hasn't my child moved up to the next level yet?**

A: Children progress at their own pace. 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. Practicing with your child outside of class is one of the fastest ways to help your child advance.

### **Q: What is the ratio of students to instructors?**

A: Each class is different, however, as a general rule: Aqua Tots and Aqua Babies have a ratio of 10-15 pairs per instructor; Preschool classes have one instructor for 5-6 children; Youth classes have one instructor for 6-8 children; Adult and teen lessons have one instructor for every 6-8 students.

### **Q: When does the next session start? And when can I register?**

A: Information about future swim lesson sessions and registration dates is available at the front desk, in the DPR Play More Brochure, and online at [www.DPRPlayMore.org](http://www.DPRPlayMore.org)

- Demonstrate open turn and front/back flip turns when swimming

#### Exit Assessment

- Swim 500 yards continuously, using any 3 strokes of choice, swimming at least 50 yards of each stroke.

### Teen Swim Lessons (Ages 13-18 years)



This American Red Cross program is designed for beginners and intermediate-level swimmers. Students will be grouped according to skill level on the first day of class. Topics of instruction include basic aquatic skills, swimming strokes, personal water safety skills, and basic water rescue. If

you want to become a better swimmer, or have dreamed of becoming a lifeguard, this program will help you reach those goals. There are no pre-requisites for this course. The Teen lessons focus on achieving swim competency and gaining the skills needed to pass the Lifeguard Training course pre-requisites.

### Adult Swim Lessons (Ages 18+)



This American Red Cross program is designed for beginners and intermediate-level swimmers. Students will be grouped according to skill level on the first day of class. Topics of instruction include basic aquatic skills, swimming strokes, personal water safety skills, and basic water rescue. The adult lessons focus on achieving

swim competency and water safety skills. Whether you are interested in learning new strokes or wishing to overcome your fear of the water, we can accommodate your needs.

## Welcome to DPR!

The Aquatics Unit of Durham Parks and Recreation is comprised of five aquatic facilities: two indoor, year-round pools and three outdoor, seasonal pools. DPR is an Authorized Provider of the American Red Cross allowing us to provide swim lessons and water safety instruction according to their curriculum and standards. Learn-to-Swim programs are offered at both indoor facilities (Campus Hills Pool and Edison

Johnson Aquatic Center). Program sessions are held on a year-round basis. The different courses seek to help participants of all ages and varying abilities develop familiarity with being in the water; learn basic skills for aquatic safety, survival, and recreational

swimming; and develop an awareness of how to stay safe in, on and around the water. Each progressive level builds on, and reinforces, acquired skills and knowledge. As participants develop aquatic skills, they become safer and better swimmers.

We also offer additional activities and programs at our facilities which include: water exercise classes, American Red Cross Lifeguard Training, lap swimming and family events. Individuals and groups may rent space for birthday parties, swim practices, recreational swimming, and other activities. Inquire at the front desk for more information on DPR Aquatics!



## Healthy Swimming!

As a courtesy to DPR staff and your fellow pool patrons, please obey the following guidelines to keep our facilities clean and safe!

- Everyone should shower before entering the pool.
- Diapers are to be changed in the locker room or family changing room. Changing diapers on the pool deck is not permitted.
- Persons suffering from diarrhea are not to enter the pool.
- Participants are to refrain from swallowing pool water.
- Take your child to the restroom before entering the pool.
- Participants who are not fully toilet trained must wear swim diapers or rubber pants.
- Persons with open wounds or sores on their body are not permitted to enter the water. Band-Aids are not to be worn in the pool.

## DPR Indoor Aquatic Facilities

### Edison Johnson Aquatic Center

500 West Murray Ave. Durham, NC 27704  
Phone: (919) 560-4265



#### Hours of Operation:

Monday – Thursday 6 a.m. – 8 p.m.  
Friday 6 a.m. – 7:30 p.m.  
Saturday 9:30 a.m. – 5 p.m.  
Sunday 1 p.m. – 5 p.m.

The Edison Johnson Aquatic Center is located next to the Edison Johnson Recreation Center. It is an eight lane 25-yard pool. The depth ranges from

3.5 feet to 9 feet. There is a “zero depth” entry ramp and a portable aquatic lift to assist patrons in entering and exiting the water. A wheel-chair designed for water access is available.

### Campus Hills Pool

2000 South Alston Ave. Durham, NC 27707  
Phone: (919) 560-4444



#### Hours of Operation:

Monday – Thursday 6 a.m. – 8 p.m.  
Friday 6 a.m. – 7:30 p.m.  
Saturday 8 a.m. – 5 p.m.  
Sunday 1 p.m. – 5 p.m.

The Campus Hills Pool is located in the I.R. Holmes, Sr. Recreation Center. It is an eight lane 25-yard pool. The depth ranges from 3 feet

to 7 feet. There is a dry entry ramp, a portable aquatic lift, and a set of easy stairs to assist patrons in entering and exiting the water.

#### Exit Assessment

- Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary, and swim elementary backstroke for 25 yards.
- Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards
- Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to surface then exit the water.

#### Skills for Youth Level 5: Stroke Refinement

Pre-requisites: Able to swim 25 yards of both front crawl and elementary backstroke and 15 yards of back crawl, breaststroke, and butterfly

- Shallow-angle dive into deep water
- Tuck surface dive
- Pike surface dive
- Tread water for 5 minutes
- Tread water, using legs only, for 2 minutes
- Sculling for 30 seconds
- Front crawl for 50 yards
- Elementary backstroke for 50 yards
- Breaststroke for 25 yards
- Back crawl for 25 yards
- Butterfly for 25 yards
- Side stroke for 25 yards
- Front flip turn
- Backstroke flip turn

#### Exit Assessment

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

#### Skills for Youth Level 6: Fitness Swimming

Pre-requisites: Able to swim 50 yards of both front crawl and elementary backstroke and 25 yards of back crawl, breaststroke, and butterfly. Improve technique and endurance.

- Front crawl for 100 yards
- Elementary backstroke for 100 yards
- Breaststroke for 50 yards
- Back crawl for 50 yards
- Butterfly for 50 yards
- Sidestroke for 50 yards



### Skills for Youth Level 3: Stroke Development

Pre-requisites: Able to swim at least 5 yards on both front and back, unsupported.

- Jump into deep water from the side, submerge and return to the side
- Headfirst entry from the side in seated and kneeling positions
- Bobbing while moving to safety
- Rotary breathing
- Survival float for 30 seconds
- Back float for 1 minute
- Tread water for 1 minute
- Push off in streamlined position on front, then begin kicking
- Swim the front crawl for 15 yards
- Swim the elementary backstroke for 15 yards
- Flutter, scissors, breastbone and dolphin kicks



#### Exit Assessment

- 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 exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit water.
- Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke 15 yards, then exit the water.

### Skills for Youth Level 4: Stroke Improvement

Pre-requisites: Able to swim at least 15 yards (half of pool length) of both front crawl and elementary back stroke.

- Head-first entry in compact and stride positions
- Feet first surface dive
- Swim underwater
- Tread water, using 2 different kicks
- Survival swimming for 1 minute
- Front crawl 25 yards
- Elementary Backstroke for 25 yards
- Breaststroke 15 yards
- Back crawl 15 yards
- Butterfly 15 yards
- Sidestroke 15 yards
- Open turns on front and back
- Flutter and dolphin kicks on front and back
- Push off in streamlined position on back, and then begin kicking.

## General Program Information

Course Fees		City Resident		Non-City Resident	
Class Level	Classes per Session	Play More Card*	Non-Play More Card	Play More Card*	Non-Play More Card
Aqua Babies	4	\$20.75	\$23	\$25.25	\$28
Aqua Tots	8	\$42	\$46	\$52	\$56
Preschool	8	\$42	\$46	\$52	\$56
Youth	8	\$47	\$52	\$57	\$62
Teen	8	\$47	\$52	\$57	\$62
Adult	8	\$47	\$52	\$57	\$62
Aqua Babies Clinic	1	\$10	\$11	\$14.50	\$16

#### \*DPR Play More Card

Participants may purchase a "Play More card" which gives them a discounted rate on programs and activities. The card is renewable annually. Play More cards are available at all DPR Aquatics and Recreation Centers.

#### Play More Card Fee Structure:

- Individual: \$20 Residents; \$25 Non-residents
  - o Benefits apply to 1 adult plus all youth under the age of 13 residing in the same house.
- 2 Party: \$35 Residents; \$50 Non-residents
  - o Benefits apply to 2 adults plus all youth under the age of 13 residing in the same house.
- Teen: \$10 Residents; \$15 Non-residents
  - o Benefits apply to an individual teen (ages 13-17)

#### Sessions and Registration Dates

Evening lessons are held two times per week (Mon/Wed or Tues/Thurs) for four weeks. Weekday morning lessons are held four times per week (Mon-Thurs) for two weeks. Saturday morning lessons are offered in 8-week sessions. Specific dates for registration and programs can be found in the Play More magazine and the Aquatics Brochure. Both are available at the front desk or online at:

[www.DPRPlaymore.org](http://www.DPRPlaymore.org).

## Registration Process

To sign up for DPR swim lessons, you must register in advance at any DPR Aquatics or Recreation facility or online at: [www.DPRPlaymore.org](http://www.DPRPlaymore.org). To be entered into the registration software system, you must fill out a short questionnaire. Payment is due at the time of registration. Registration is on a “first come first served” basis.

## Acceptable Forms of Payment

DPR accepts Visa, MasterCard, American Express and Discover. Checks and cash are also acceptable. Please be prepared to present your driver’s license if paying in person with a check or credit card.

## Waiting List

If the class that you desire is full, your name will be added to the waiting list at no charge. If cancellations occur, persons on the wait list will be called, in order, and given the opportunity to enroll.

## Inclement Weather Policy and Make-Up Classes

The indoor pools close for 30 minutes when there is thunder or lightning. If swim lessons are affected by inclement weather, a make-up lesson will be scheduled. Make-up lessons are generally held on Fridays at the normally scheduled lesson time. Your instructor will provide you with information about the make-up lesson. In the event that a lesson must be cancelled in advance due to unforeseen circumstances, we will contact participants by phone and/or email.

## Refund Policy

Refunds are issued only if Durham Parks and Recreation cancels your swim lesson session due to insufficient enrollment or other unforeseen circumstances. Refunds are not issued for lessons missed due to illness, being out of town, schedule conflicts, etc. There are no make-up class options for individuals who miss class for personal reasons.

## Program Fee Waiver

“Program Fee Waivers” are available to anyone receiving support through the Durham County Department of Social Services (DSS) and may be used for most DPR programs, including Learn-to-Swim lessons. Program Fee Waiver applications are available at the DPR Main Office, recreation and aquatics centers and online at: [www.DPRPlaymore.org](http://www.DPRPlaymore.org). The number of fee waiver registrations accepted for each class is based upon 10% of the class’ maximum enrollment size.

- Alternating and simultaneous leg and arm actions on front
- Alternating and simultaneous leg and arm actions on back

## Exit Assessment

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

## Skills for Youth Level 2: Fundamental Aquatic Skills

Pre-requisites: Able to fully submerge head and swim short distances on front and back, with support.

- Step or jump from the side into shoulder-deep water.
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bob 10 times
- Open under water and retrieve submerged objects
- Rotary breathing
- Front, jellyfish and tuck floats from 10 seconds
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 15 seconds
- Roll from front to back and back to front
- Tread water for 15 seconds
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front
- Combined arm and leg actions on back
- Finning arm action on back

## Exit Assessment

- Step from aside into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
- Move into a back float for 15 seconds, roll to front, and then recover to a vertical position.
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for at least 5 body lengths.

- Tread water for 30 seconds
- Combined arm and leg actions on front
- Finning arm action on back
- Combined arm and leg actions on front
- Combined arm and leg actions on back

#### Exit Assessment

- Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
- Move into a back float for 15 seconds, roll to front, then recover to a vertical position
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for at least 5 body lengths.

### Youth Program (Ages 6 – 12 years)

The American Red Cross Learn-to-Swim program consists of six comprehensive levels that teach children of varying abilities how to swim skillfully and safely. Each level includes training in basic water safety. All aquatic and safety skills are taught in a logical progression.

#### Skills for Youth Level 1: Introduction to Water Skills

Pre-requisites: None. New to the pool, needing to learn water adjustment skills.

- Enter using the ramp, steps or side
- Exit water using ladder, steps or side
- Blow bubbles for 3 seconds
- Bob 5 times
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 5 seconds
- Roll from front to back and back to front
- Treading water arm and hand actions



## Learn-to-Swim Levels

### Aqua Babies (Ages 6 –17 months)



The purpose of this American Red Cross program is to teach safe behaviors around the water and develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around water. The Aqua Babies class is focused on teaching parents how to interact with their babies in the water. The instructor will cover queuing, kinesthetic learning and water safety.

### Aqua Babies Clinic (Ages 6–17 months)

This one-hour clinic will introduce parents and their children to the learning objectives of the American Red Cross aquatic program for infants and toddlers. Participants will engage in both dry land and water activities designed to teach safe behaviors around the water and promote a child's comfort in and around the water.

### Aqua Tots (Ages 18 months – 3 years)



The purpose of this American Red Cross program is to teach safe behaviors around the water and develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around water. The Aqua Tots class is focused on preparing children mentally, physically and emotionally for the American Red Cross preschool level courses. The instructor will cover motor skills development, independent exploration and water safety.

#### Skills for Aqua-Tot Level 1

- Learn to ask for permission before entering the water.
- Learn how to enter and exit the water in a safe manner.
- Feel comfortable in the water.
- Explore submerging to the mouth, nose, and eyes completely.

- Explore buoyancy on the front and back positions.
- Change body position in the water.
- Learn how to play safely.

### Skills for Aqua-Tot Level 2

- Learn more ways to enter and exit the water in a safe manner.
- Explore submerging in a rhythmic pattern.
- Glide on the front and back with assistance.
- Perform a combined stroke on the front and back with assistance.
- Change body position in the water.
- Establish an expectation for adult supervision.

## Preschool Program (Ages 3-5 years)

The American Red Cross preschool program is designed to promote developmentally appropriate water safety and aquatic skills among children 4-5 years of age. The skills are grouped into aquatic and water safety categories in the following way:



- Water entry and exit
- Buoyancy
- Breath control and submerging
- Changing direction and position
- Treading
- Locomotion on front and back
- Water safety

### Skills for Preschool Level 1

- Enter water using ramps, steps or side
- Exit water using ladder, steps or side
- Blow bubbles
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 3 seconds
- Roll from front to back and back to front
- Alternating and simultaneous leg and arm actions on front
- Alternating and simultaneous leg and arm actions on back

### Exit Assessment: With Support

- Enter independently, using either the ramp, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water.
- While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.

### Skills for Preschool Level 2

- Enter water by stepping in from deck or low height
- Exit water using ladder, steps or side
- Bob 5 times
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Front float for 3 seconds
- Back float for 5 seconds
- Back glide and recover to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions for 15 seconds
- Combined arm and leg actions on front
- Finning arm action on back
- Combined arm and leg actions on back

### Exit Assessment: With Support

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

### Skills for Preschool Level 3

- Jump into shoulder-deep water
- Fully submerge and hold breath
- Bob 10 times
- Rotary breathing
- Front glide and recover to a vertical position
- Front, jellyfish and tuck floats for 10 seconds
- Back glide and recover to a vertical position
- Back float for 15 seconds
- Change direction of travel while swimming on front or back