The Complete Swim Lessons Guide for Parents and Participants
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Welcome to Wade King Student Recreation Center Pool

Welcome to the WWU Swim Lesson Program. Thank you for choosing us to facilitate an excellent swim experience. Our mission in Campus Recreation is to empower the community to achieve and maintain a balanced and healthy lifestyle; demonstrate social responsibility, accountability, and integrity; and develop leadership abilities by providing the highest quality recreational and co-curricular programs and services in a state of the art, environmentally sustainable and LEED Certified facility.

We work to provide a safe, fun, and inviting learning environment for all swim program participants. Our swim lessons program is guided by current American Red Cross standards. These standards work to create life-long aquatic habits including water safety and swimming skills. With a maximum ratio of 4:1 participants to instructor, we strive to create a more individualized learning experience.

The Swim Lessons Coordinator (SLC) is available during lessons to help guide the swim program and ensure swim lessons run smoothly. Don’t hesitate to address any questions or concerns with the Swim Lessons Coordinator. We encourage you to connect with your swim Instructor to make the most of your experience. Your experience here at the SRC is very important, please do not hesitate to contact us with feedback.

Sincerely,
Richelle Williams
Aquatics/Youth Program Advisor
Wade King Student Recreation Center
Group Swim Lessons Overview

REGISTRATION
Group Swim Lesson registration is to be complete through our online system. This must be completed, with payment, prior to the first day of swim lessons. No day of registration will be accepted. We only allow 4 students per level and registration is on a first come first serve basis. Your spot in the level is not reserved until payments are received.

FIRST DAY OF LESSONS
On the first day of lessons the Swim Lessons Coordinator will meet parents and swimmers in the lobby of the SRC, 15 minutes prior to the beginning of class, to escort you back to the pool. The SLC will have class information available for parents and swimmers.

THE SWIM LESSONS COORDINATOR AND YOUR SWIM INSTRUCTOR
On each day of swim lessons, the Swim Lesson Coordinator will meet parents and swimmers in the lobby of the SRC up to 15 minutes prior to the start of lessons to escort you and your participant back to the pool. Please wait for the Swim Lesson Coordinator to avoid confusion and to help our facility run smoothly. If you are running late please check in with the Front Desk Attendant.

MISSED LESSON POLICY
We do not offer make up lessons for missed group swim lessons.

WHAT TO BRING TO LESSONS
Swimsuit: Appropriate swim suits are required. If your participant is not yet potty-trained, a swim diaper must be worn (specifically designed for use in pools).

Towel: Towels are not provided for swim lesson participants. If you have an active SRC membership you are eligible for all member benefits including use of SRC towels.

Goggles: Goggles are strongly advised for swimmers.

Positive attitude: Swimming can be challenging, but all participants will benefit from maintaining a positive attitude.

DURING LESSONS
We ask parents to sit on the blue benches that are spread out around the pool deck to watch your participant. We also ask that parents and swimmers practice outside of formal lessons.

Please refrain from approaching your participant during swim lessons. It can disrupt your participant’s concentration, the concentration of other participants, and keep the instructor from being able to accomplish all lesson goals.
AFTER LESSONS
At the conclusion of each lessons, feel free to address any questions you may have with your participant’s swim instructor.

LAST DAY OF LESSONS
Each group lessons participant will receive an Achievement Card. This card indicates the skills they have completed, if they have passed, and if are moving up. The Achievement Card will assist when registering for another session at the SRC Pool.

Private Swim Lessons Overview

SCHEDULING and REGISTRATION
To request a private lesson please complete the online interest form. The Swim Lessons Coordinator will then find an instructor whose schedule works with the requested lesson and level. The Swim Lessons Coordinator will contact you within three business days.

FIRST DAY OF PRIVATE LESSONS
The swim instructor will meet you at the front desk ten minutes prior to the start of your private lesson, escort you back to the pool, and provide you with a Private Swim Lesson Participant Packet. After your lessons you are free to leave on your own (no escort required).

LAST DAY OF PRIVATE LESSONS EACH QUARTER
The last day of private lessons each quarter is based on a mutual agreement between you and your swim instructor. Please confirm the last day with your private swim lesson instructor in advance. When deciding on your last day of private lessons for the quarter, please keep in mind that all swim instructors are student employees and may not be available for private lessons during WWU’s finals week.

CANCELATIONS
Contact your instructor at least 24 hours in advance to cancelling swim lessons. Failure to cancel your lesson at least 24 hours prior or showing up over 15 minutes late to the start will result in a loss of the lesson and you will not be reimbursed.

RESCHEDULING PRIVATE SWIM LESSONS
If you must re-schedule a private swim lesson for a time other than your regularly scheduled time, your swim instructor must first confirm the new day/time with the Swim Lessons Coordinator to assure there is not a conflict with regularly scheduled pool activities. This must be done before the start of the new lesson.

CONTINUING PRIVATE LESSONS
If you plan to continue private lessons during WWU intersession, or the following quarter with
REQUESTING A NEW INSTRUCTOR
We try our best to match each participant with just the right swim instructor for their goals. If you do not feel that your swim instructor is a good fit, please contact the Swim Lessons Coordinator and we will work towards finding you another swim instructor who better fits your needs.

Wade King Student Recreation Center Policies

PARKING
Group Swim Lessons are only scheduled at times that parking is free in the gravel C-lots (across from SRC).

Private Swim Lessons times vary and may require the additional purchase of a parking permit if between the hours of 8am and 4:30pm (Monday through Friday). Parking permits can be purchased from the Parking Office in the Campus Services building (located on the corner of 21st and Bill McDonald Pkwy) for $2/hour. A limited number of metered spots in the C-lots at $2/hour. Parking in the C-lots is free on weekends and after 4:30pm on weekdays.

PAYMENT and REFUNDS
The Wade King Student Recreation Center accepts Visa, Mastercard, Cash or Check. All swim lessons must be purchased prior to the lessons.

Group Swim Lessons are purchased as a complete session. No pro-rating, refunds, or make-up lessons will be provided for missed classes or participant withdrawal after the first lesson. In case of class cancellation due to pool closure; additional time will be added to the remaining classes. Private Swim Lessons can only be purchased after a date, time, and instructor have been confirmed by the Swim Lessons Coordinator. Private swim lessons may be purchased one-at-a-time or by purchasing up to 8 lessons per participant. Refunds for private swim lessons are available for unused lessons minus a $20.00 processing fee. Private swim lesson instructors are required to track lessons purchased and used. They will be able to inform you when you need to purchase more lessons. Receipt is required for proof of purchase to continue lessons.

LOCKER ROOMS and the FAMILY CHANGING ROOM
As with all other activities at the Student Recreation Center, children must be supervised in the locker-rooms. For patron comfort, children of the opposite sex are NOT allowed in locker rooms at any age. The Family Changing room is available for children/parents of the opposite
SWIMMING BEFORE and AFTER LESSONS
Children are not permitted to swim before or after their swim lessons. Children may enter the pool under the supervision of their swim instructor. **SRC members** are permitted to stay and practice after their lesson under the following conditions:

- Family swim times: Fridays after 6pm and Open-Close on weekends/holidays/intersession/summer quarter/public school breaks.
- Based on space availability in the pool (if there are additional lessons following yours then pool space may be reserved for lessons or lap swim).
- Children under 14 years of age must be supervised by an adult and must pass the swim test (swim one length of the pool, any stroke).
- Children who are unable or unwilling to pass the swim test must be an arms length away from an adult at all times (whether they can touch the bottom or not).

USE OF THE SPA BEFORE and AFTER LESSONS
Children are not permitted to enter the spa before or after their swim lessons during hours that are not designated as family hours at the SRC. During family hours at the SRC members may purchase a guest pass for their participant and may use all available areas of the facility.

MEMBERSHIP at the WADE KING STUDENT RECREATION CENTER (SRC)
For additional information about SRC membership please contact campusrec@wwu.edu

Selecting a Level

HOW TO SELECT A LEVEL FOR YOUR PARTICIPANT
Your participant’s current swim level is the level that most accurately describes their swimming abilities. Swimming levels are listed below and on the next page for your reference. If your participant cannot perform all the activities listed in a level description then they should register for that level with the aim to complete all the skills listed. If your participant can perform all the skills listed in a level then they are ready to move up to the next level.

For example, if your 7-year-old participant can float, glide, and is with beginning front crawl then their current skills level is swim level 2. In this case, register your participant for level 2 to help them build on their current skills. If, in this instance, it has been a few years since your participant’s last swim lesson then it might be a good idea to register your participant for a refresher session in level 2.

**IMPORTANT:**
The levels are not designed for specified ages. Each level has different skill requirements which
will determine the level of the child. Already taken lessons at the REC? Please refer to the level written on the report card given to child after end off lesson session. We offer group lessons for any child 3 and up. Any child under the age of 3 may register for parent and tot.

*If you have questions regarding your participant’s swim level please contact us at groupswimlessons@wwu.edu*

Swim Level Descriptions cont.

**Level 1**

**INTRODUCTION to WATER SKILLS**
The goal of Level 1 is to learn basic personal water safety information skills, to help participants feel comfortable in the water and to enjoy the water safely. Level 1 is for beginning swimmers who have had very little or no swim instruction, focusing on elementary aquatics skills, developing positive attitudes, good swimming habits and safe practices in and around the water. Level 1 skills include: safely entering/exiting the water, blowing bubbles, bobbing, opening eyes underwater to retrieve submerged objects, front and back floats and gliding, alternating arm and leg action, combined stroke movement. Most skills are performed with support.

**Level 2**

**FUNDAMENTAL AQUATIC SKILLS**
The goal of Level 2 is to help swimmers who have achieved comfort in the water gain familiarity with fundamental skills and achieve success without support. Level 2 focuses on teaching swimmers to float and glide on their front and back, develop simultaneous and alternating arm and leg actions, beginning fundamentals of side breathing, and lay a foundation for future strokes, all without support from the swim instructor.

**Level 3**

**STROKE DEVELOPMENT**
The goal of Level 3 is to build on previously learned skills and provide additional guided practice. Level 3 is for swimmers who are able to swim with combined stroke on front and back (without assistance). Level 3 focuses on making swimmers comfortable and safe in deep water, teaches front crawl and elementary backstroke (25 yards), builds on the fundamentals of treading water and backstroke, and introduces head first entries.

**Level 4**

**STROKE IMPROVEMENT**
The goal of Level 4 is to develop participants’ confidence in the strokes learned thus far and to
improve other aquatic skills. Level 4 focuses on increasing endurance by swimming familiar strokes (front crawl, elementary backstroke), and adding sidestroke, back crawl, breaststroke, and advancing head first entries and treading water.

Level 5
STROKE REFINEMENT
The goal of Level 5 is to coordinate and refine strokes. Level 5 is for swimmers who are competent in all strokes as well as basic diving techniques. Level 5 swimmers will focus on refining their stroke techniques, incorporate flip turns, and increase their swimming distance and improve on dive entries.

Level 6
SWIMMING and SKILL PROFICIENCY: Fitness Swimmer
The goal of Level 6/Fitness Swimmer is to refine strokes so participants swim them with more ease, efficiency, power, and smoothness over greater distances to increase endurance and aquatic fitness. Fitness Swimmer skills include circle swimming, using a pace clock, using swimming equipment such as pull buoys and fins, with a final skills assessment of swimming 500 yards continuously using any 3 strokes.

Frequently Asked Questions

What if my child isn’t signed up for the appropriate swim level?
The Swim Lessons Coordinator and instructors will be observing lessons to make sure that each swimmer is in the appropriate class for their abilities. It is quite common for a participant to need a “refresher” on some of the skills from previous levels, or for a participant to make vast improvements within the first few lessons and graduate to the next level starting the next session.

Where do I meet the Swim Lessons Coordinator?
The Swim Lessons Coordinator will meet you in the SRC lobby no more than 15 minutes prior to lesson start time. Each participant must be escorted back to the pool as per our facility’s policy. If you do not see the Swim Lessons Coordinator please check in at the front desk.

Why do we need to wait for the Swim Lessons Coordinator or Swim Instructor to escort us to the pool?
The SRC is a student-focused facility that is paid for by student fees but welcomes community participation. As such, policies have been set by the Rec Center Advisory Committee (RCAC) that allow children in the facility during designated family hours (Fridays after 6:00pm and all day Saturday and Sunday) and for scheduled swim lessons. During all other hours children must be escorted through the Rec Center by a staff member. For consistency, the Swim Lessons Coordinator and Swim Instructor will meet the parents at the front desk 15 minutes prior to every group and private lesson.
What should I bring to lessons?
Each lesson participant is required to wear proper swim attire. Young children who are not toilet trained must wear swim diapers under their swim suits. Goggles are not necessary, but may be recommended for more advanced levels (level 1 requires that each participant open their eyes underwater without goggles). Non-members please provide your own towel; SRC towels are for member use only.

Can I stay and watch the lesson?
You are welcome to watch your participant from any of the benches on deck, but please refrain from approaching your participant during their lesson. If your presence on deck is disruptive to your participant’s learning environment then you may be asked to wait in the SRC lobby until the end of lessons. If you have questions, comments, or concerns during the lesson please address them with the Swim Lessons Coordinator or wait until after lessons to approach your participant’s swim instructor.

When can I talk to my participant’s swim instructor?
Our friendly and helpful swim instructors will be available 15 minutes prior to lessons and 15 minutes following lessons for questions or comments regarding your participant’s swimming goals and progress. Your swim instructors will also provide you and your participant with an end of session report card.

What if my participant gets cold during lessons?
The SRC pool is set at a recreational temperature of 81-82F. Warm showers are the best option for warming small children safely; the spa can raise children’s body temperature too quickly resulting in heat-related illness. Additional clothing layers, such as a rash-guard, may provide insulation for your child. Please note that additional clothing layers must be appropriate swim attire. If your participant is still cold, please discuss this with the Swim Lessons Coordinator or Swim Instructor; different types of activities may be arranged with the Swim Instructor to keep participants comfortable.

What is the temperature of the pool?
81-82F (Recreational Pool Temperature)
Pool and Spa Rules

Pool and Spa rules are posted behind the tall Lifeguard Station and next to the spa, respectively.

Note: NO PHOTOGRAPHY IN THE BUILDING.

POOL RULES

• All patrons must be wearing appropriate swim attire.
• All patrons must shower before entering the pool.
• Running, rough play and yelling are prohibited.
• Diving is allowed only along the deep end of the pool (front dives only – no flips).
• All pool equipment is available for use (inner tubes, beach balls, noodles, etc.) in a safe manner.
• Food and drink are prohibited on the pool deck (water is allowed in non-breakable containers – glass containers are prohibited).
• Chewing gum, alcohol, tobacco products, or other drugs are prohibited (patrons under the influence of alcohol or other drugs will be asked to leave the premises).
• For patron privacy, the use of cell phones is prohibited on the pool deck.
• No Public Displays of Affection (PDAs) in the pool.
• Non-swimmers or weak swimmers must stay in the shallow end unless they are accompanied by an adult.
• All swimmers under the age of 14 must be accompanied in the water by an adult.
• All swimmers under the age of 14 must pass the swim test or stay within an arms length of their chaperone (please see the lifeguard on duty for swim test details).
• Please circle swim if there are 3 or more patrons in a lap lane.
• During pool rental times lane priority goes to lap swimmers (aqua joggers may be asked to move if space is needed).

SPA RULES

• All patrons must shower before entering the spa.
• Diving, jumping in, or sleeping in the spa is prohibited.
• Pool toys are prohibited in the spa.
• No Public Displays of Affection (PDAs) in the spa.
• Patrons’ heads must remain above the surface of the water at all times.
• Children under the age of 6 years old are prohibited in the spa according to Washington Administrative Code (WAC) 246-260.

CAUTIONS: Pregnant women, elderly persons, and persons suffering from heart disease, diabetes, high or low blood pressure should not enter spa without prior medical consultation and permission from their Physician.

Persons refusing to obey these regulations may be subjected to removal from the premises (WAC).
Contact Information

Wade King Student Recreation Center
1880 Bill McDonald Parkway
Bellingham, WA 98225
Phone: (360) 650-3766
Fax: (360) 650-7394

Private Swim Lessons: swim.lessons@wwu.edu
Group Swim Lessons: groupswimlessons@wwu.edu