

# About the McFarland Swim Program

Welcome to the McFarland Community Swim Program. To assure the success of our program, it is important that you understand its structure and goals as well as the ways that you can help to make it a positive experience for your family.

Swimmers are divided into progressive swim groups according to their ability. We follow the standards set up by the American Red Cross. In each level the lesson structure includes stroke work, endurance swimming, and safety skill development. It is important to realize that our Red Cross program is progressive (the lesson sequence is designed to build upon foundation skills), and the assumption is made that progress cannot occur until basic skills have been mastered.

As parents, please take the time to prepare you son or daughter for swim lessons. Try to keep these points in mind:

- 1.) Be prompt and attend regularly to get the maximum benefit from swim lessons. Be sure to let the instructors know if you are not able to attend a certain class.
- 2.) Remind you children to shower before swimming and to turn showers off when finished. Be sure they have something to keep hair out of their face. Goggles are fine. Remember the locker rooms are not an area to leave you child/children unsupervised.
- 3.) Swimmers are asked to meet their instructor on deck in class groups at the start of each lesson.
- 4.) Parents are encouraged to observe classes from the bleachers. Please do not remain on the pool deck during classes, as most children respond better to instruction without the presence of a parent. Please take off you shoes if walking on the deck. The dirt that is on your shoes will eventually end up in the pool water.
- 5.) Daily class structure includes: a brief lecture/discussion, warm-up exercises or series swimming, a review of old skills, the teaching of new skills, and a short free swim if time permits. One day each swim session each instructor will have some sort of safety day including: P.F.D.'s, posters, and discussion.
- 6.) At the last class session, swimmers will receive a progress sheet with those skills marked that he/she has completed and the recommended level in which he/she should enroll for the next session.
- 7.) Take time to share swimming experiences with you child. Talking about the day's lesson or practicing swimming skills during Family or Open Swims will help reinforce class instruction. Please remember children must be 8 years old, in the Perch (Level 3) class or 4 ft. tall to come to the pool without an adult supervisor. Open Pool schedules are available at [www.mcfarlandcommunitypool.com](http://www.mcfarlandcommunitypool.com)
- 8.) Please understand that the instructors are very busy during class sessions. Your comments and questions are always welcome, but often times it is best to meet with the instructor before the lesson begins or after the lessons are over for the day. If you have a concern with any part of our program, please feel free to stop in or call Katie or Stu at 838-3168.

- 9.) McFarland Pool continues to offer a quality lesson program to our community. Please remember like all other stages in development, you child's swimming skills will mirror his or her ability to handle those specific skills physically and mentally. Consistency, patience and a positive attitude will definitely help you child become a safe, efficient swimmer.