

Hillsboro Parks & Recreation

Swim Lesson Handbook



Shute Park Aquatic & Recreation Center

Introduction

Welcome to the Shute Park Aquatic & Recreation Center (SHARC) swim lesson program. We are pleased you have selected our program for your family's aquatic needs. All of our swim classes are taught by trained Swim Instructors or certified Water Safety Instructors. Our primary goal is to teach all participants to swim to the best of their ability, in a fun, friendly and safe environment. This handbook will assist you in answering some of the questions you may have. It will also provide you with several suggestions that may be beneficial to you and your child. Please review the information carefully. If you have any additional questions, SHARC staff will be happy to assist you.

Philosophy

SHARC is committed to providing a safe, friendly, and inclusive learning environment for each individual wanting to learn swimming and water safety skills. Through our swim lesson program, we strive to create a community ready to be safe in and around water while promoting a healthy, active lifestyle.

Goals

- To provide an opportunity for children and adults to learn to swim.
- To better educate our community in being safe in and around water.
- To offer classes tailored for our growing and diverse community and to develop new programs that reflect our changing needs.
- To provide a learning environment that brings enjoyment in learning new skills and builds confidence in practicing familiar skills.
- To provide knowledgeable instructors who share our community's determination in learning swimming and water safety skills.

Shute Park Aquatic and Recreation Center Mission Statement

To enhance community wellness by providing a variety of innovative health and recreation programs and activities for all ages in a safe and friendly environment.

Hillsboro Parks & Recreation Mission Statement

Hillsboro Parks and Recreation enhances the quality of life in our community by providing exceptional facilities, a comprehensive park system and diverse recreational programs.

The Swim Lesson Experience

Whether it is you or your child taking their first swim lesson at SHARC, we strive to create a positive first impression that will make SHARC your family's home base for swimming and water safety skills. The following suggestions should help to make the transition into SHARC's swim lesson program an easier one.

- Large, busy, and noisy surroundings like an aquatic center may be frightening to younger children. Help to ease any fears by showing them around the facility prior to the first lesson. Bringing your child to open or recreation swims may help alleviate any anxiety they have about joining a swim lesson for the first time.
- Getting to class on time is important, as a participant who comes to class late may feel rushed or upset. It is also less disruptive for the instructor and the rest of the class if everyone is starting class together at the same time.
- Do your best to get younger children to use the restroom prior to their lesson. If they need to use the restroom during the lesson, please be prepared to take them.
- Swim lesson participants are asked to wait to enter the pool until given permission by their instructor. Swimmers wanting to use the pool before or after a swim lesson must either be members or pay the day pass admission. Please refer to pool schedule for appropriate pool usage time.
- You are encouraged to check-in with your instructor regarding swim lesson progress at the conclusion of the lesson.
- It is not uncommon for participants to have to repeat a level several times before passing. At the end of a session, have your child focus on what they have accomplished and what they can expect to work on next time instead of focusing solely on passing or not passing a level.

Rules of the Pool

Spectators are required to remain in the designated spectator areas. These areas include bleachers, tables, and chairs adjacent to the pools. Spectators are not permitted to be on deck during class.

- Proper swim wear must be worn when using any of the pools at SHARC. Swim wear such as cotton-based clothing, water wings, and non-Coast Guard approved life jackets are not permitted at SHARC.
- Children who are not toilet trained are required to wear a swim diaper surrounded by a vinyl cover.
- Children with long hair are encouraged to pull their hair back or use a swim cap.
- All swimmers must take a rinsing shower prior to entering the water.
- No running on the pool deck, all-gender changing room, or locker room areas.
- Children age 7 and younger must have an adult accompanying them in the building at all times.
- Children 3 years and younger are allowed in opposite gender locker rooms. Age restriction is set at 3 years and younger with consideration to comfort level of children showering and dressing around children of the opposite sex that are the same age or older, in addition to adults' sensitivity with children of the opposite sex in the locker room.
- All Gender Changing Rooms are in high demand. Please be considerate to other patrons waiting to use a room and dress quickly.
- Reserving an All Gender Changing Room is prohibited.

Frequently Asked Questions

How do I find out who my instructor is?

Instructor assignments are posted on the bulletin board located on the right side of the hallway leading from the changing rooms to the main indoor pool deck. Classes are sorted by start time.

Where do I meet the instructor?

Your instructor can be found next to the sign with your course name on it. Catfish 1-5 signs are on the wall adjacent to the warm water pool. Signs for School Age and specialized courses such as Private Lessons can be found on the windows and walls separating the outdoor pool from the main indoor pool.

Can I request an instructor?

Swim instructor requests can be made over the phone or in person at the front desk, but it is not always possible to have the same instructor from session-to-session. Keep in mind swimmers often benefit from experiencing a variety of teaching styles.

Should my child wear goggles?

It depends on the level. For introductory preschool courses (Catfish 1 & 2) and the introductory school age level (Electric Eel), we discourage goggle use. For newer swimmers, goggles can often times be a distraction and prevents swimmers from becoming competent underwater.

Where should I be to watch my child's swim lesson?

Spectators are required to remain in the designated spectator areas. These areas include bleachers, tables, and chairs adjacent to the warm water and main indoor pools. Spectators are not permitted to be on deck during class.

What if my child is new to swim lessons and feeling fearful?

Our swim instructor staff is trained and experienced in dealing with fearful children. Instructors may request a parent to step away from a crying child and allow the instructor to work through the child's fear. We encourage apprehensive swimmers to continue attending swim lessons, as they may further regress by not actively participating in class.

What do I do if my child is misbehaving?

Instructors outline the consequences of misbehavior on the first day of class and use techniques such as positive reinforcement. If our techniques are not effective in correcting unwanted behavior, our instructors may approach the parent in an effort to find a better method. We ask that you teach, talk about, and review appropriate class behavior and pool rules with your child at home.

I think I signed up for the wrong level. Can I transfer to a different class?

The instructor should have a good idea of whether or not a participant is signed up for the appropriate level after the first day. If you have any questions regarding level placement, please speak to the instructor after the lesson is over. If an instructor feels a participant is in the wrong level, the participant may be transferred to the appropriate level, space permitting.

Why does my child work on the same thing every day?

Young children require skill repetition. Swimmers often feel a greater sense of accomplishment by mastering a skill they have been repeating.

How long will it take to pass a level?

It varies! Factors such as physical development, previous experiences, and behavioral maturity each affect a swimmer's progression rate. Enjoyment in learning the new skills each level presents and gaining confidence in swimming abilities from lesson-to-lesson should be your swimmer's focus. Learning to swim takes time and patience, so be sure to stay positive when and if your swimmer hits a learning plateau.

Can I request credit or a refund after a session begins?

No. SHARC does not offer refunds or credit for swim lessons once a session begins.

What if my child becomes sick or injured during a session?

Please do not bring your child to swim lessons if they are not feeling well. This is in the best interest of their health, as well as other class participants and the instructor. SHARC does not offer makeup classes or refunds for missed classes.

What level should I sign up for?

If you are brand new to swim lessons, we recommend starting in one of our introductory courses. Please refer to the class descriptions located in this section. If you are coming from another swim lesson program or are unsure of which class to register for, we recommend signing up for a swim lesson assessment. This is a free course, however, registration is required.

Are swim lessons included with a SHARC membership?

No, but SHARC members receive a discounted rate on group swim lesson registration fees.

Can I register for multiple classes at once?

Yes, all programs listed in the current Activities Guide are available for registration.

At what level is my child ready for swim team?

Swimmers should be ready for a swim team assessment after successful completion of Lobster.

How do Private swim lessons work?

Private swim lessons are scheduled just like group lessons. Students/parents are encouraged to share their goals for the class and check-in frequently with the instructor regarding student progress. For more information regarding Semi-private and Private Group lessons, please refer to page 13.

Specialized Courses

Private

Adaptive

Semi-Private

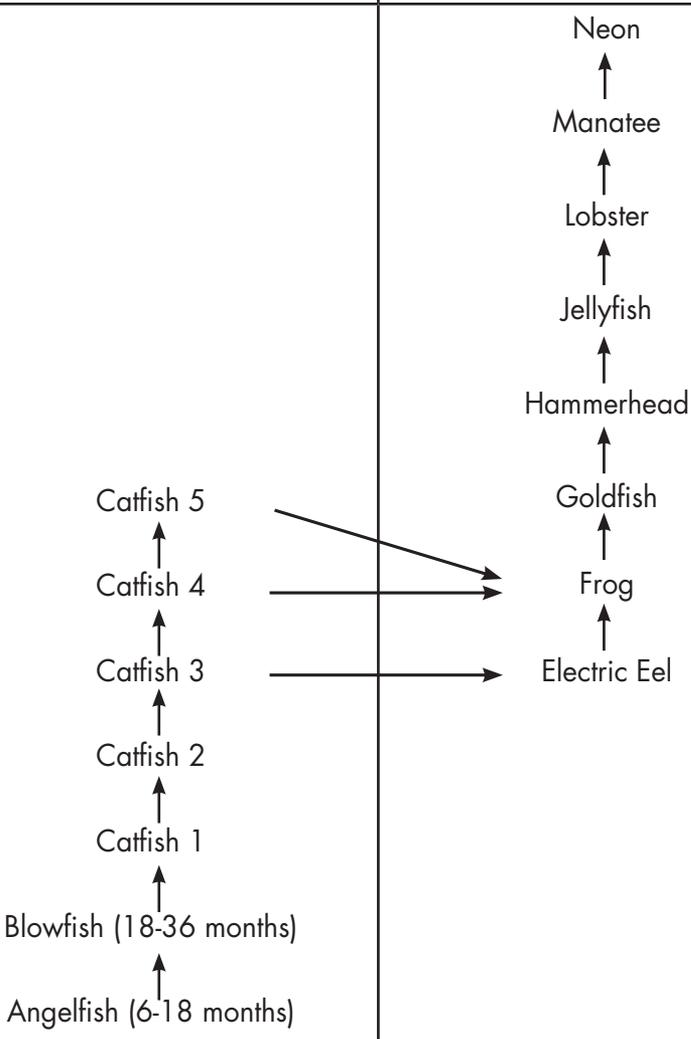
Homeschool

Swim Fundamentals

Family Swim Lessons

Parent/Child and Preschool

School Age



Swim Lesson Levels

Parent/Child Swim Lessons

6 – 36 months

Instructor to participant ratio is 1:12. Participants learn about the aquatic environment through skill developing games and safe play. An adult must accompany the child in the water.

- Angelfish (6 – 18 months)
- Blowfish (18 – 36 months)

Preschool Swim Lessons

3 – 5 years

Instructor to participant ratio is 1:5. Participants will learn basic water skills to prepare them for SHARC's School Age Lessons. Classes with low enrollment may be combined to avoid class cancellation.

- **Catfish 1:** Learn basic aquatic skills. Start developing positive attitudes and safe practices around the water.
- **Catfish 2:** Front and back skills with assistance. Prerequisites: comfortable submerging head and opening eyes underwater.
- **Catfish 3:** Learn to independently perform front and back floating and gliding skills. Prerequisites: comfortable floating on front and back for at least three seconds with assistance.
- **Catfish 4:** Learn front crawl with side breathing. Prerequisites: able to independently perform front and back floats and glides.
- **Catfish 5:** Refine front crawl and learn back crawl. Prerequisites:

familiar with the principles of front crawl with side breathing.

School Age Swim Lessons

6 – 15 years

Electric Eel instructor to participant ratio is 1:6.

Frog – Neon instructor to participant ratio is 1:7.

Classes with low enrollment may be combined to avoid class cancellation.

- **Electric Eel:** Introductory course. Basic water safety and swimming skills taught. No prerequisites required.
- **Frog:** Learn front crawl with side breathing. Prerequisites: comfortable in submerging and opening eyes underwater, front and back floats and glides.
- **Goldfish:** Refine front crawl and learn the principles of back crawl. Prerequisites: familiar with front crawl with side breathing.
- **Hammerhead:** Learn dolphin, breaststroke, and scissor kicks, and elementary backstroke. Prerequisites: front crawl with side breathing and back crawl.
- **Jellyfish:** Extend front crawl endurance to 25 meters and further develop diving skills. Prerequisites: able to swim 15 meters of front crawl with side breathing and comfortable in deep water.
- **Lobster:** Learn breaststroke, further develop front and back crawl, sidestroke, and elementary backstroke. Prerequisites: able to swim 25 meters of front crawl with side breathing.
- **Manatee:** Learn butterfly and refine breaststroke. Prerequisites: able to swim breaststroke and 25 meters of front and back crawl.
- **Neon:** Refine all six strokes and an introduction to competitive swimming concepts. Prerequisites: comfortable swimming

continuously for five minutes.

Specialized Courses

Private Swim Lessons

3 years – Adult

Choose from Private (1:1), Semi-private (1:2), or Private Group (1:3). If interested in Semi-private or Private Group lessons, please register one participant into an available Private lesson and contact the program supervisor to set-up the lesson at ryan.myers@hillsboro-oregon.gov. Names of additional participants required to convert a class to Semi-private or Private Group.

Family Swim Lessons

3 years – Adult

Instructor to participant ratio is 1:6. Learn fundamental swimming and lifelong water safety skills in this family-oriented program. Each family spends the first 15 – 20 minutes of the 45 minute lesson developing water safety skills through discussion and demonstration, and then spends the duration of the lesson working on swimming skills. An intake form at SHARC must be filled out prior the first lesson. An adult is required to participate in the water for each lesson.

Swim Fundamentals

11 years – Adult

Instructor to participant ratio is 1:7. This is a beginner to

intermediate level class. Learn water safety skills, stroke development and refinement in these 40-minute classes.

Specialized Courses Continued

Homeschool Swim Lessons

6 – 18 years

Instructor to participant ratio is 1:6 – 7. Homeschool Swim Lessons (available during the school year) are a great way to fulfill homeschool physical education requirements. Homeschool Swim Lessons include 30 minutes of swim instruction time and a 30 minute, supervised recreation swim. Family members of participants are welcome to join the 30 minute recreation swim with paid admission.

Adaptive Swim Lessons

3 years – Adult

Instructor to participant ratio is 1:1. Available to patrons with special needs, Adaptive lessons focus on water safety and basic swimming skills. An intake form at SHARC must be filled out prior

to the first lesson. If interested in adding a second participant with special needs to the class, please contact the program supervisor to set-up the lesson at ryan.myers@hillsboro-oregon.gov.

Notes

Hillsboro Parks & Recreation

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