

## Swimming Lessons Spring 2021

Lessons will be 35min with a maximum of 4 children per lesson.

Children must come ready to swim and leave right after class. **Locker rooms and showers will not be available.** Family locker room will remain open for restroom purposes only!

There will not be make-up classes for weather cancellations or absences.

### **Before you Arrive:**

Please arrive dressed in swimsuits.

Wearing a swim cap during lessons may help decrease wet hair and the need to use a hair dryer before heading out of the building.

Doors will open 5 minutes prior to the start of your scheduled lesson time.

### **Social Distancing:**

Capacity of our classes has been capped versus our standard group lesson to provide for increased distancing in each lane.

Only one caregiver may accompany each family (up to three children) to limit the total number of people in the building at one time. Please try to limit extra people in the building including siblings of those in the class.

Each caregiver will be required to social distance and remain in balcony during the class.

### **Personal Protective Equipment (PPE):**

All staff are required to wear the appropriate PPE for their shift for the duration of their time in the building, including face shields for instructors in the water.

We ask that all adults and kids over the age of two wear face masks at all times while on site, with the exception of our swimmers in the water.

**If anyone in your household is feeling unwell, we ask that you please stay home. Please notify the Pella Aquatic Center ASAP if your child is unable to attend lessons for any reason.**

Swimming lessons may be subject to change due to COVID-19.

**\*The Pella Aquatic Center is currently offering group lessons only. Private and semi-private lessons will be available at a later date. \***

### **Registration:**

Registration will be available online only starting Tuesday April 6 at 7:00am

Lessons will run Monday, Tuesday, and Thursdays April 12-27

To register please visit : [https://cityofpella.activityreg.com/selectactivity\\_t2.wcs](https://cityofpella.activityreg.com/selectactivity_t2.wcs)

### **How to register online: You must be logged into an account to register!**

If you currently have a membership or have used our online system but have not received a password for your online account, please call 641-628-1882.

1. Please click [Create a new Account] if you have not used any Community Services Programming before. Please click [User Login] if have given an email address or call 641-628-1882 if you are unsure what email we have in our system.
2. Whether you are using our services for the first time or if you have previously provided an email address to the Community Services Department you MUST get a new password. Click on [Get a new password]
3. Login: Once you have reset your password, use your email address and new password to login.
4. Update your information: Once you are logged in you will need to update your information by clicking "Account" in the tool bar. From the account information screen
5. Click Submit.

### **Once in your Account:**

1. Make sure your membership is up to date. (Summer Passes are only valid for lesson discounts when pass is in season)
2. Make sure your child(s) ages are correct and their names are spelled correctly.

**Waitlist: Classes will fill quickly.** There will be a waiting list for anyone not able to register for the class of their choice. Class(es) may open depending on registration and staff availability. You will be notified if a waitlist class becomes available.

### **Signing up for the right class**

**Preschool Levels are for ages 3-6:** Each child must be at least 3 years old before the first class to register.

**Preschool Level 1**(Class Level: Pre-School) The skills taught in Pres school level 1 consist of: submerging the face, blowing bubbles, bobbing, maintain a front float and back float position. Jumping into water with assistance. front crawl, front and back glides, and elementary backstroke. Child will wear a float belt with 2 floaties to help with swim strokes. Instructor will be in the water at all times. **(If your child(ren) have not had lessons this is the starting level.)**

**Preschool Level 2:** (Class Level: Pre-School- Beginner) The skills taught in Pre School Level 2 consist of: submerging entire head, blowing bubbles, bobbing, jumping into the water with or without assistance. Front and back float, front and back glide, front crawl, and elementary

backstroke. Child must be able to place face in water and show some understanding of swimming skills. Child will wear a float belt with 1 floatie to help with swim strokes. Instructor will be in the water at all times. Each child must be at least 3 years old before the first class to register. (Must pass Preschool Level 1 or have had some lessons in the past)

**Preschool Level 3:** ( Class Level: Beginner-Advanced Beginner) The skills taught in Pre School Level 3 consist of: jumping into water with out assistance, bobbing with the head submerged, front and back float, front and back glide, front crawl with introduction of rhythmic breathing, back crawl, and elementary backstroke. Child must be able to swim 12.5 meters (halfway across pool) without a float belt. Instructor will be in the water at all times. (Must pass Preschool Level 1 and 2 or be able to swim 12.5 meters with little to no assistance.)

**Preschool Level 4:** (Class Level:-Advanced Beginner -Intermediate) The skills taught in Pre School Level 4 consist of: Front crawl with rhythmic breathing, backstroke, elementary backstroke, treading water and, introduction to breaststroke, sidestroke, and butterfly. Child must be able to swim 25 meters (length of pool) without a float belt or assistance. Instructor may be in and out of the water to observe correct swimming skills. (Must pass Preschool Level 1, 2 and 3 or be able to swim 25 meters with no assistance.)

**Level Classes for Ages 7-12:** Each child must be at least 7 years old before the first class to register.

**Level 1:** (Class Level: Beginner) The skills taught in Level I consist of: submerging the face, bobbing, maintain a front float and back float position. Jumping into water with or without assistance. Front and back crawl, front and back glides, and elementary backstroke. Instructor will be in the water at all times. Child will not wear any type of floatation device. **(If your child(ren) have not had lessons this is the starting level.)**

**Level 2:** (Class Level: Beginner- Advanced Beginner) The skills taught in Level 2 consist of: submerging entire head, bobbing, jumping into the water without assistance. Front and back float, front and back glide, front crawl, and elementary backstroke. Child must be able to place face in water and show some understanding of swimming skills. Child will not wear any type of floatation device. Child must be able to swim 12.5 meters (halfway across pool) without assistance. Instructor will be in the water at all times (Must pass Level 1 or Pre School Level 1 or have had some lessons in the past)

**Level 3:** ( Class Level: Advanced Beginner-Intermediate) The skills taught in Level 3 consist of: jumping into water without assistance, bobbing with the head submerged, front and back float, front and back glide, elementary backstroke, front crawl with introduction of rhythmic breathing, breast stroke, sidestroke and butterfly. Child must be able to swim 25 meters (length of pool) without assistance. This class will be taught in deep end of pool. Instructor may be in and out of the water to observe correct swimming skills. (Must pass Level 1 and 2 or Pre School Level 1,2 and 3 or be able to swim 25 meters with no assistance.

**Level 4:** (Class Level: Intermediate-Advanced) The skills taught in Level 4 consist of: Front crawl with rhythmic breathing, backstroke, elementary backstroke, treading water, surface dive and underwater swimming and, breaststroke, sidestroke, and butterfly. Child must be able to swim 50 meters (length of pool down and back) without a float belt or assistance. Instructor may be in and out of the water to observe correct swimming skills. This class will be taught in deep end of pool. (Must pass Level 1, 2, and 3 or Pre School Level 1,2,3, and 4 or be able to swim 50 meters with no assistance.)

**Please contact Alex Meyers, Aquatic Manager, or JJ Papendick, Assistant Manager, if you have any questions regarding what level you should register for your child.**

### **Lessons Times:**

**6:15-6:50pm**

**Preschool Level 1**

**Preschool Level 2**

**Preschool Level 3**

**Preschool Level 4**

**Level 3**

**7:00-7:35pm**

**Preschool Level 1**

**Preschool Level 2**

**Level 1**

**Level 2**

**Level 4**