

## Swim Lesson Information

Thank you for choosing KSU Sports and Recreation Aquatics Swim Lesson Program! We are committed to providing your child with the best swimming instruction experience possible. Your child's health, well-being, safety, and security is our priority. Sports and Recreation staff strictly adhere to KSU Human Resources employment policies, procedures and expectations including background screenings for all staff, following the KSU Code of Conduct and completing training focused on mandatory reporting.

Here is some useful information for parents and guardians to help your child have a safe and enjoyable swimming experience:

- Inform the program staff of any issues or special needs of your child prior to beginning the lesson.
- ***You are required to stay in the pool area and be visible for the duration of the lesson.*** Your child may need your assistance for bathroom breaks or just your reassurance. Please be attentive during your child's lessons and keep cell phone use to a minimum.
- Please arrive on time and appropriately dressed for your lesson. If you arrive late, the Aquatics staff will escort your child to the water to join the lesson. If you would like your child to get additional instruction, please consider private instruction.
- Discuss appropriate behaviors with your child before the arriving at the pool such as no running and using the toilet before entering water.
- We have a limited number of family changing rooms and we ask you to be mindful of others waiting to use them. Diaper or clothes changing is prohibited on the pool deck.
- Please park in your designated areas on campus; visit this link for the latest details and information on parking on campus: <https://parking.kennesaw.edu/index.php>. The Department of Sports and Recreation is not responsible for any parking tickets or fees incurred during your lessons. Visitors can find parking information here: <https://campusservices.kennesaw.edu/visitors.php>
- Please refrain from disrupting the class while it is in session. There will be opportunities for you to speak with your instructor before and after class.
- Make-up lessons will be provided if we are unable to conduct your child's lesson. Weekday session make-ups will be scheduled on Fridays. If you attend a make-up session on Friday, please report at your regular class time. For Saturday lessons, lessons will continue until all classes have been completed. No refunds will be provided for missing make-up lessons.
- If you need to cancel your swim session, you are eligible for a 50% refund of the registration cost. All refund documents must be submitted to the Aquatics Coordinator no later than 2 weeks of the session start date.
- Summer lessons will occur in the outdoor pool, unless in the case of inclement weather. Please remember to bring sunblock or wear protective clothing.
- For any questions, please refer to the website <https://sportsrec.kennesaw.edu/aquatics/index.php> or email [OWAquatics@kennesaw.edu](mailto:OWAquatics@kennesaw.edu)

## Frequently Asked Questions

**1. How should my child prepare for the lesson?**

Please have your child dressed before the lesson begins. This includes having them in a swimsuit, goggles, swim diaper or rubber pants, if applicable, etc. Make sure to bring a towel to dry them off after the lesson.

**2. Do I have to get in the water with my child during the lesson?**

A parent/guardian must be in the water with our Parent/Child class. Our preschool classes and above are held without the guardian in the water.

**3. What if my child cries during lessons?**

Many times, children will cry during lessons. This is a natural reaction for some children during swim lessons. All attempts are made to comfort the child, but if the child persists, a parent or guardian will be notified. It may be best to remove the child from the lesson at that time. Be sure to speak with the instructor after class for tips on helping your child have a positive experience.

**4. Can I bring my other children with me if they are not participating in the swim lesson?**

All children must be accompanied by an adult while in the viewing area. Parents/guardians are responsible for their children, please be considerate of others while in the viewing area. The aquatic facilities and equipment may only be used by lesson participants during their lesson.

**5. Is there a lifeguard on duty?**

Yes, there will always be certified lifeguards on duty watching the indoor and outdoor pools.

**6. How long are the sessions and lessons?**

Group sessions consists of eight (8) lessons. Parent/Child and Preschool swim lessons are thirty (30) minutes in length. All other levels and adult lessons are 50 minutes long. Private lessons vary based on the package purchased.

**7. May my child and I arrive early and/or stay after the lesson to swim?**

We expect all lesson participants and guardians to use the aquatic facilities for lessons only. We do allow the students in lessons to remain in the water for parent/guardian-supervised practice up to 30 minutes post lesson. Please note that this means that parents/guardians are physically in the water with the child at this time. Participants must exit the aquatic facility at the end of their lesson.

**8. How do I know what level to sign my child up for?**

Children progress at different rates. You may refer to the swim lesson descriptions for more information. The first day of every session will be used to evaluate your child's ability. It may be determined that your child is better suited to a different level. If this is the case, you will be notified and will have the choice to move your child to the most appropriate level.

**9. What if my child needs to use the restroom during class?**

Please encourage your children to use the restroom prior to class. If the need arises, the Program Assistant or Aquatics employee will bring your child to you to take to the restroom. When you are finished the Program Assistant/Aquatics Employee will escort your child back to the water.

**10. Does my child need to wear a swim cap?**

A swim cap is not necessary but does help keep long hair out of your child's face. Long hair should be pulled back and secured and barrettes and a ponytail holder are sufficient.

**11. Does my child need goggles?**

Goggles are not required but are often helpful for children taking lessons. Some children are very hesitant to put their faces in the water and find goggles helpful for this process.

**12. Why do you use flotation devices?**

When properly used, individual flotation devices aid skill development. These devices free swimmers from worrying about staying afloat.

**13. How will I know if my child is progressing?**

Progress reports will be given on the last day of class, and your child's instructor will be available before and after class to answer any questions about your child's progress.

**14. Is there anything I can do to help my child learn to swim?**

Yes, encourage your child! Work with each child on swimming skills at home and whenever you get the chance to go swimming together.