

# Mills Pond Pool

## Swim Lesson Guidelines

- **Lessons:** Swim lessons for Parent/Child require a parent/guardian to be in the water with the participant at all times. For pre-school and levels 1-4, students will be in the water independently (only instructors and participants) and should be able to participate in group instruction without parental guidance. Parents who are not required to be in the water are asked to remain on the grass portion of the pool area – **not the pool deck.**
- **Please arrive “swim ready”!** We ask that everyone arrive with their swimsuits on prior to entering the facility. Locker rooms located in the pool house are available for use to change after lessons.
- **Check in:** All patrons will be required to check-in at the front desk. Once on the pool deck swim instructors will have signs with what lessons they will be teaching. Please go to your assigned level’s instructor for check-in. If there are siblings who are watching lessons we ask that they remain by the parent/guardian on the grass portion of the pool area and remain off the pool deck.
- **Weather:** The weather can be unpredictable with extremely isolated storms passing quickly. Canton Parks & Rec will host swim lessons in the rain. In the event of a lightning or thunder storm class will be cancelled. As noted on the registration page, there are no make-up classes or pro-rates and students may not attend other classes. If you are unsure a class will be held, please check CantonRec.org for a cancellation alert or call the pool house (860-693-7844) before leaving your house.
- **Participation:** Our instructors are trained to emphasize water safety and basic swim skills. Full class participation is the goal! We use positive reinforcement to encourage appropriate class behavior such as self-identification of the problem, redirection/behavior signals and brief breaks. If our instructor does not have success with this approach we may approach you in an effort to find a better method that is more effective for your child. We ask that you teach, talk about and review appropriate class behavior and pool rules with your child.
  - Children often experience fear due to separation anxiety or feeling overwhelmed by the pool environment. We ask you to allow our staff to assist your children in overcoming their fears. Our instructors may gently encourage your child to enter the water, striking a balance between gentle encouragement and causing additional fear. The instructors will often times be able to gauge when to encourage a bit more or when to wait if a child is not prepared yet to participate. Regardless of the instructor's decision, they will communicate with you to ensure the best instruction and support for your child. We ask that parents/guardians remain on the grass area unless instructed to come on the pool deck by the instructor or supervisor.
  - Goggles strongly recommended for levels 1-4, though we do not allow those that have cover the nose.
- **Outcomes:** We do not establish passing or failing a stage as our primary definition of success. Failing does not apply to swim lessons as children are always making improvements. We consider learning to swim as a never ending process and as a chance to help encourage motor, language and social skills as well as emotional development. The rate at which a child progresses through our program is largely based on the amount of time spent working on skills outside of class. We strongly encourage families to enjoy swim time outside of class time. This will reinforce what is learned in class and help children become more comfortable in the environment they will be using to learn how to swim.

