



Swim AmericaTM

By: Bridgewater State University Aquatics

I've signed up my child...Now what?

Before you leave home make sure you know the start date and time of your child's lessons.

What do we need to bring?

- Appropriate swimming attire. (suit, towel, goggles)
- Suits should be of a material that sheds water.
- Suits should not be baggy, fitting tightly to the body.
- Most fashion suits or Bermuda shorts hold water and interfere with learning to swim.
- Swim cap for hair longer than shoulder length is required. Long hair can interfere with learning to breathe properly.
- Goggles for kids that can handle them. Goggles enable your child to see under water better. They also eliminate "eye sting" that some people experience in pools. If your child cannot adjust the goggles and put them on by themselves, we do not recommend them.

What else do we need to bring?

-A positive "Can-do" attitude!! Swimming is not an easy skill to learn. A positive attitude helps kids overcome adversity that they may face while learning some of the more difficult skills.

The First Day of Class!

- Arrive no earlier than 10 minutes before your class. -Meet at front desk with front desk personnel.
- Shower! Massachusetts Commonwealth law requires cleansing showers for anyone swimming in a public pool. Children will head down to the locker rooms so that they may shower before entering the pool.
- No running or horseplay on the deck.
- Do not enter the water before your coach says it is OK.

Your child is in the water! What now?

A certified coach of Swim America will instruct your child. The curriculum is designed to help your child learn to swim quickly. Most of our coaches are also lifeguards and have a swimming background. This combination leads to what we believe is a knowledgeable and safe environment for your child to learn to swim.

Your child will be evaluated on a regular basis (usually every other lesson) by a Swim America certified Site-Supervisor. The Site Supervisor is the quality control expert of our program. The Site Supervisor evaluates the swimmers and makes the decisions regarding class advancement. If your swimmer has in the Site Supervisor's estimation successfully and consistently met the advancement goals for a station, they will be immediately moved to the next station in the progression with a new coach and will receive an award at the desk. It will be wise to prepare your child for advancement with a new coach as they will eventually progress to the next level. Try to help us out by getting them excited about moving up our station ladder! Change is part of life! Some children will need to be moved up into another time slot to continue their advancement.

Daily Check-In Procedure and Parking

- Parking is Behind Kelly Gymnasium at the Chapel Lot.
- Check-In: All swimmers must check in at the front desk on a daily basis for proper attendance tracking and safety.

Awards Program

- Each time that your child advances to a new station, they are eligible for a gold medal sticker for their Swim America progress chart.
- Additionally, when your child completes level 10, they will receive a larger gold medal sticker of completion.
- These incentives make your child feel good about their effort! We want your child to be rewarded for their efforts so please don't forget to visit the pool-deck desk when your child advances.

What is my role as a parent?

- Make sure you have a suit, towel, and goggles for your children.
- Please do not allow your children to play on the pool deck.
- Children may not stay after their lesson to swim. Your lesson fees do not include free open -swimming.
- Don't push your child too hard to advance.
- Our program is designed to encourage your child without pushing.
- Talk with your child about the advancement goals in their level. Hang their certificate on the wall and they will want to pass on to the next level. Use the stickers and certificate to encourage, not push.
- Please remain seated in the bleachers during your child's lessons. Parents, with the exception of preschool parents, are not allowed on the pool deck. Your child is in good hands! Parents on deck interfere with the lifeguard's view of the pool as well as distract teachers and children from the job of learning to swim. Your cooperation with this is appreciated!

Lesson Refund and Make-Up Policy

-Enrollment in swim lessons is binding. No refunds will be given.

-There will be no refunds or make-up for weather or mechanical related cancellations

Contact Information

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