

Aquatic Center Age Guidelines

- Children under the age of 4, or those wearing a coast guard approved life jacket, must be within arms reach of an adult, 18 years or older in a swimsuit at all times.
- Children 4 years of age and older may not use the locker room of the opposite sex. Please use the Family Changing Room.
- Children 6 years of age and under must be in visual contact of an adult 18 years or older at all times.
- Children under the age of 12 must have an adult, 18 years or older, in the aquatic center at all times unless participating in an aquatic program.

AQUATIC PROGRAMS

Aquatic Supervisor, Patti Welker (440) 580-3260 ext. 5269
Assistant Aquatic Supervisor, Rececca Oblak, ext. 5270

PLEASE SHOWER BEFORE USING THE AQUATIC CENTER FACILITIES.

NO FOOD OR GLASS CONTAINERS PERMITTED IN THE AQUATIC CENTER

Swim diapers are required for all non toilet trained children and children prone to potty accidents. Swim diapers are available for FREE at the front desk and in the aquatic center. For more information on Learn-to-Swim programs, or if your child has any special needs, please contact an Aquatic Supervisor.

ALTERNATIVE SWIM WEAR

For the safety, health and welfare of all members and patrons, proper swim attire is required. Proper swim attire is required when using all of the pools, steam room, sauna and spa in the Aquatic Center, including participation in Learn-to-Swim classes. **The following are prohibited:**

1. **Clothing that could contribute to entrapment and inhibit life saving measures: loose fitting clothing; heavy garments; cut-offs; and jean shorts.**
2. **Clothing worn for workout or other purposes prior to using the Aquatic Center.** Questions concerning proper swimwear should be addressed with the Aquatic Center personnel.

LEARN TO SWIM REGISTRATION AND POLICIES

REGISTRATION INFORMATION

Individuals may enroll in any open class listed in the bulletin. *If your child has any special needs, it would be helpful if you would inform the instructor/Aquatic Supervisors, on the first day of class, so they can better work with your child.*

AQUATIC WAIT LIST

If the class is full, you may ask the front desk staff to add your name to the waiting list. The main purpose of the wait list book is to determine if there is a need to add additional classes. On occasion if there are openings in classes, or if we have the ability to add additional instructors, we will call those who have their name in the wait list book.

- Having a name on the wait list does not guarantee that you will receive a phone call or a spot in a class.
- It is your responsibility to call the front desk at the end of a session to see if any spots have opened up. Many times children are transferred to other classes or decide not to take a class which results in spots becoming available. The aquatic supervisors will not check the wait list book until a few days before the start of a new session with the intent of trying to fill spots that are still open.
- Please be aware that when phone calls are made to those on the wait list, registration is on a first come basis no matter what number you are on the wait list. This is only a courtesy call letting you know that at that particular time, there are openings in the class if you still wish to sign up. It does not mean that a spot is being held for you and the spot(s) may be filled by the time you call back.

HOLDS

A Hold spot is a roster spot reserved for a student in the previous Learn to Swim session within a season. These spots become open to the public after the current session is completed. There are no Hold Spots for those enrolled in Winter classes who wish to enroll in a Spring/Summer class, Spring/Summer to Fall, or Fall to Winter. There will be several Hold spots for each class, preschool and Level 1-7 during a session.

A Hold cannot be filled until the class from the previous session has been completed.

A Hold spot will be reserved for those enrolled in a previous session until the last day of class at which time they will be open to the public. Each student must provide an Ehrnfelt Recreation Skill Sheet with the date/time and instructor's name from the last class enrolled in to register for a Hold spot.

LEARN-TO-SWIM RULES

Swim Participants and their parents must adhere to the rules of the Aquatic Center and the following rules specific to Learn-to-Swim.

THE PIRATE SHIP AREA WILL BE CLOSED DURING ALL LEARN-TO-SWIM CLASSES.

In order to provide an environment free of any potential distractions, with the exception of preschool classes, **parents are required to stay behind the orange cones, and not sit directly in front of the classes in progress.** Parents may observe classes from the vending area, or behind the cones. Spectators may choose to be barefoot or wear sandals (flip flops) on the deck. **No street sandals, shoes, or boots** are permitted for safety and sanitary reasons. Your cooperation in this is appreciated.

**Parent/Infant
6-15 Months
Ages: 6-15 months
Parent must accompany**

child in the water

This class will begin to develop positive attitudes and safe practices in and around water. Child will work on water adjustment, underwater exploration and swimming readiness with parental involvement.

Parent/Toddler**15-36 Months****Ages: 15-36 months****Parent must accompany child in the water**

A continuation and refinement of Parent/Infant. Using parents and equipment for support, students will work on front and back combined strokes, floats, bobbing and breathing.

Parent/Youth**3-5 Years****Ages: 3-5****Parent must accompany child in the water**

A continuation of Parent/Toddler: The child will work on front and back floats, glides and basic swimming skills. Child will work toward gaining independent skills.

Preschool Advanced

(All children will be water tested during the first class. If child is unable to perform the required skills, they will be transferred to the appropriate class with a parent in the water.)

Ages: 3-5 years**Parent does NOT accompany child in the water.**

Child must be comfortable with face in the water, float unsupported on front and back and swim a distance of 5 feet unsupported.

Child must be comfortable in chest deep water, and able to swim on front and back unsupported. Child will learn to swim more comfortably by his/herself. Possible progression through level 1 and 2 of the ERC Learn-to-Swim program.

YOUTH LEARN-TO-SWIM INFORMATION

(Ages 6 months to 5 years old)

LEVEL ONE:**Intro to Water Skills**

Ages 5 years or older Orient participants to the aquatic environment and gain basic skills of breath

control, floating, kicking and swimming on front. Promote positive and safe practices around water.

LEVEL TWO:**Fundamental Water Skills**

Passed Level One, or can swim 2 body lengths unsupported.

Can float on front and back for 10 seconds unsupported.

Can bob 5 times fully submerged.

Build on basic aquatic skills. Introduce rotary/rhythmic breathing, turning over, and swimming on back. Build on water safety skills and introduce treading in deep water.

LEVEL THREE:

Refined Water Skills

Passed Level Two, or can swim 5 body lengths on front and back, do rhythmic breathing, and tread or float for 15 seconds.

Participants will achieve basic water competency. This level introduces survival float, diving, dolphin and Breaststroke kick, and Elementary Backstroke. Basic water safety will be integrated into this course.

LEVEL FOUR A:

Stroke Development

Passed Level Three, or can tread water or float for 30 seconds. Able to swim front and back crawl and elementary backstroke for 15 yards.

This class builds on skills learned in Level Three and introduces open turns, Butterfly and Sidestroke. Safe diving practices and water safety will be integrated into the course.

LEVEL FOUR B:

Stroke Improvement

Passed Level 4A or can do 25 yards of front crawl with rhythmic breathing, back crawl, elementary backstroke, 15 yards of breaststroke and the dolphin kick. Ability to tread water for one minute.

Perfect Front and Back Crawl, Elementary Backstroke and Breaststroke. Complete Sidestroke and Butterfly. Continue to build water safety skills.

LEVEL FIVE:

Stroke Refinement

Passed Level 4B or can do 25 yards of front crawl, back crawl, elementary backstroke, breaststroke, side stroke, dive deep water bobs, and 1.5 minutes treading water.

Alternate breathing, flip turns, swimming underwater and diving safety. Building endurance on basic strokes to 50 yards each. Perfecting Butterfly and Sidestroke with proficiency of 25 yards.

LEVEL SIX: (ages 8 & older)

Fit Swim

or

Personal Water Safety

Passed Level Five, or be able to swim Front and Back Crawl 50 yards. Elementary Backstroke, Breaststroke, Sidestroke and Butterfly for at least 25 yards. Perform shallow dive from pool side, demonstrate flip turns on front and back, tread water for 5 minutes and swim underwater for 15 yards

*Personal Water Safety requires a pair of jeans and a long sleeve button shirt for completion of the safety skills.

The objective of this course is to refine all water skills learned to swim with ease, efficiency, power and smoothness over greater distances. A 12 minute swim will be performed by end of session.

The Personal Water Safety Class adds additional survival skills and self-rescue techniques while clothed and with lifejackets. Basic safety rules for open water and for boating.

LEVEL SEVEN:

Endurance Training

Swimmer must be able to perform the competitive strokes appropriate for his/her age group according to USA

Swimming and be able to swim 100 yards continuously.

This program is designed to build your endurance, especially for those who do not swim on a year round competitive swim team. Starts and turns for each competitive stroke will also be taught.