

## **Fanny Chapman Swim and Dive Lesson Information 2019 Season**

The Fanny Chapman swim and dive instructors are very excited about this summer, and we look forward to teaching your children in the pool!

In order to provide a safe and fun learning environment for your children, we have a few items we would like to share:

### **New This Year - Updated Skills Levels & First Day of Lessons Evaluations**

#### **Updated Skill Levels:**

In order to ensure each child is in a class with others who have similar swimming skills, this year we have incorporated more “levels” within each of our traditional skill levels (PreBeginner, Beginner 1, Beginner 2, Intermediate 1, etc.). The following is a summary of our updated skill levels:

#### **Pre-Beginner:**

- Non-Swimmer - those afraid to get in the water, have difficulty separating from caregivers, not able to put their face in the water
- Intro - beginning to learn to float and kick, comfortable putting their face in the water
- Advance - refining their floating and kicking skills

#### **Beginner 1:**

- Intro - beginning to learn elements of freestyle, backstroke, elementary backstroke
- Advance - ensure they have basic freestyle, backstroke, elementary backstroke skills

#### **Beginner 2:**

- Intro - refining their freestyle and backstroke skills
- Intermediate - beginning to learn side breathing, treading water, diving skills
- Advance - refining side breathing, treading water, diving skills

#### **Intermediate 1:**

- Intro - beginning to learn breaststroke, butterfly
- Advance - refining breaststroke, butterfly

#### **Evaluations and Class Assignments:**

We have a slightly new evaluation process we will be using this year. Like in the past, we will evaluate each child on their first day of lessons. With over 700 students enrolled in the Fanny Chapman swim and dive lessons program, this is a very important process to ensure your child is assigned to the appropriate class.

For the first day of lessons, you will need to know your child’s class level you registered for. This information can be found at your Fanny Chapman online registration account.

Steps for finding out your child(ren)'s class information:

1. Login to Fanny Chapman Memorial Pool registration system at [Fanny Chapman Registration](#)
2. Click on "Account" (enter email and password)
3. Select the Family Member
4. Click on "Registered Activities" to **find the skill level** you enrolled your child in **(this year you do not need to know your instructor's names before the season starts)**

Outside of the Fanny Chapman office, we will have signs with the name of the pool and location of each swim and dive lesson level. On your child's first day of lessons, please enter the pool area and walk to the pool which your child will be swimming/diving. You then will leave the pool complex and wait for your child's swim lesson to be completed.

The instructors who will be teaching your child's skill level will be in the water assessing every child. Once your child's skill level has been determined, they will be given a specific class and the names of the instructors who will be teaching them starting the next day. Your child will bring home a yellow evaluation card that will list their name, time of lesson, skill level and instructors.

### **Keeping Your Child Safe**

#### **Crowd Control:**

We are very concerned about your child's safety and their safe return to you after swim and dive lessons. In order to help you and our instructors provide a safe transition for the swimmers/divers, we ask you to help us implement the following guidelines:

- Please plan for extra time to park your car. Parking is limited next to the pool complex. Additional parking can be found at Chapman Park - the entrance is on East Street.
- Please do not allow your children to enter the pool complex before it is time for their lesson.
- Lessons will be 40 minutes (i.e., 11:00-11:40am). This will give your children time to dry off and safely exit the pool complex.
- Only on the first day of your child's lesson will you be able to enter the pool complex to take your child to their lesson. After your first day, only caregivers of our Pre-Beginners will be allowed to enter the pool complex to drop off their child to their instructors at the beginning of their swim lessons. Once the child is with their instructors, please exit the pool complex. *Adults are not allowed on the pool deck during swim lessons.* Our instructors are trained to assist in the transition from their parents; however, it would be very helpful if parents have any suggestions to give to their instructors if it would ease the transition process.
- Once your child's swim/dive lesson is completed, instructors will guide the children through the main entrance and to a "flagged-in" grassy area by the front office and New Pool – we call this area the "*Lesson Lounge*". This area will have Fanny Chapman staff helping to transition your child back to you. Our intent of having the Lesson Lounge is to provide a safe place for your child to be when you pick them up after lessons. However, this is not babysitting. Please make sure that you come to Fanny Chapman's Lesson Lounge on time to pick up your child after their lesson.

Also, please make sure you park your car and stand by the Lesson Lounge to pick up your child. We do not want a “drive by pick-up”, since it would cause children to be walking into the parking lot unattended.

### **Communicating With Your Child’s Swim/Dive Instructor**

We know you want to talk with your child’s instructor about how they are doing in lessons. Our instructors will do their best to give you clear and prompt feedback, however they will have a very short transition time between their lessons. Please don’t hesitate to contact any of the lesson managers, and we can ensure you have a chance to talk with the instructor when they have quality time available.

On the first days of the lesson program, our instructors will be spending more time before class having a “meet and greet” with your children. This will allow them to learn names, make sure swimmers are in the correct classes, review safety skills, share expectations, etc. We always do a much shorter version of the “meet and greet” before every class throughout the summer, but these first days of lessons it may take a little longer.

The following are some suggestions to help you in providing the best swim/dive lesson experience for your child. These are actually concepts we use when training our instructors!

- **Prepare your child for this experience.** Hopefully, you have had an opportunity to visit the pool before the beginning of the lesson season. Share with them your experiences with learning to swim, how they will meet with their instructor at the same place each day, and that they will be learning to swim in a fun, safe environment.
- **Be prompt.** Children can get anxious if hurried. Allow plenty of time to arrive at Fanny Chapman and using the bathroom before class.
- **Follow rules and regulations.** Teach, talk about and review the pool rules with your child. Lead by example.
- **Encourage safe practices.** Sometimes it is necessary to constantly remind children to walk slowly in the pool area and only enter the water with the instructor during the class. Our motto is “Be Safe, Have Fun.”
- **Have patience.** It is important not to pressure your child to perform before he or she is ready. Readiness results from maturity, experiences and other individual factors.
- **Avoid comparisons.** No two children develop at the same rate. Each child learns at a different pace depending on factors such as physical growth, individual development, comfort, practice and previous experience. Enjoy your child’s qualities and do not compare them to their siblings or other children.
- **Provide encouragement.** A good rule is to encourage your child to do everything, but not to force him or her to do anything. Forcing a child will only bring negative results. Let your child know that learning involves lots of practice and they should keep trying.
- **Be positive.** Use a positive attitude when correcting behavior or enforcing rules. Discuss what behavior is expected in addition to pointing out what the child has done wrong (and right!).

- **Give praise.** Recognize your child's efforts, no matter how small the accomplishment. People are not motivated by failure or ridicule. Success promotes success. Praise should be descriptive of an action. Rather than simply saying "Good," say, "I like the way you blew those great big bubbles."
- **Facilitate practice and review.** After each lesson, our instructors will be talking with the swimmers and divers about what they learned. Please ask your child every day about what they learned at lessons. This will help reinforce the learning, and enjoy practicing their new skills outside of their lessons.

We hope this information is helpful for you and your child. If you have any questions throughout the season, please don't hesitate to contact us.

***Have a wonderful Fanny Chapman summer!!!!!!***

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