

The Complete Swim Lessons
Guide for
Parents and Participants



SOUTHERN
ADVENTIST UNIVERSITY

**Hulsey
Wellness Center**

Welcome to Southern Adventist University Hulsey Wellness Center Pools

Welcome to the Hulsey Wellness Center Swim Lesson Program. Thank you for choosing us to help facilitate a rich swimming experience for your family.

We work to provide a safe, fun, and inviting learning environment for all swim program participants. Our swim lessons program is guided by current American Red Cross standards. These standards work to create life-long aquatic habits including water safety and swimming skills. With our student instructors, we strive to create a fun learning experience.

The Aquatics Program Coordinator (APC) is available during lessons to help guide the swim program and ensure swim lessons run smoothly. Don't hesitate to address any questions or concerns to the Aquatics Program Coordinator. We encourage you to connect with your swim Instructor to make the most of your experience. Your experience here at the Hulsey Wellness Center is very important, please do not hesitate to contact us with feedback.

Sincerely,
Tamara Ritterskamp
Aquatics Director

Lilyann Adams
Aquatics Program Coordinator

*Southern Adventist University
Hulsey Wellness Center*

Group Swim Lessons Overview

REGISTRATION

Group Swim Lesson registration is to be complete through our online system. This must be completed, with payment, prior to the first day of swimming lessons. **No day of registration will be accepted. We only allow a max of 6 students per level** and registration is on a first come first serve basis. Your spot in the level is not reserved until payments are received.

Please note that if the section you need to register in is full, you will join a wait list and be moved into a space if/when one becomes available in the order that you registered. If you registered your child in the wrong level and they must be moved on the first day of lessons, they will be placed if there is space available. If there is a wait list for that level, they will be placed at the end of the wait list.

FIRST DAY OF LESSONS

On the first day of lessons the Aquatic Program Coordinator will meet parents and swimmers in the pool area prior to the beginning of class, to help guide you to the area where your child will find their instructor. The APC will have class information available for parents and swimmers.

MISSED LESSON POLICY

We do not offer make-up lessons for missed group swimming lessons.

WHAT TO BRING TO LESSONS

Swimsuit: Appropriate swimsuits are required. We ask that all girls wear a one-piece swimsuit.

Towel: Towels are not provided for swim lesson participants. Each child must have their own towel.

Goggles: Goggles are strongly recommended for swimmers.

Positive attitude: Swimming can be challenging, but all participants will benefit from maintaining a positive attitude.

DURING LESSONS

After students are changed and ready for their lesson, they will sit on a bench close to where their class will meet. Once the instructor is ready to begin the lesson, they will then give permission for the students to enter the water.

We ask parents to sit on the benches that are spread out around the pool deck to watch your participant. We also ask that parents and swimmers practice outside of formal lessons.

Please refrain from approaching your child during swimming lessons. It can disrupt your child's concentration, the concentration of other participants, and keep the instructor from being able to accomplish all lesson goals.

AFTER LESSONS

At the conclusion of each lesson, feel free to address any questions you may have to your participant's swim instructor.

LAST DAY OF LESSONS

Each group lesson participant will receive an Achievement Card. This card indicates the skills they have completed, if they have passed, and if are moving up. The Achievement Card will be helpful when registering for another session at the Hulsey Wellness center.

Private Swim Lessons Overview

SCHEDULING and REGISTRATION

To request a private lesson please complete the online interest form where you will find prices as well. The APC will then find an instructor whose schedule works with the requested lesson and level. The APC will then connect you and your child with their instructor.

Please note, you may request private lessons but due to this being a university setting we cannot always guarantee instructor availability.

FIRST DAY OF PRIVATE LESSONS

Please pay at the front desk upon arrival and request a copy of your receipt to then give to the instructor. The swim instructor will meet you at the pool area at the start of your private lesson.

LAST DAY OF PRIVATE LESSONS

The last day of private lessons is based on a mutual agreement between you and your swim instructor. Please confirm the last day with your private swim lesson instructor in advance. When deciding on your last day of private lessons, please keep in mind that all swim instructors are student employees and may not be available for private lessons during SAU's breaks, holidays, finals week and summers.

CANCELATIONS

Contact your instructor at least 24 hours in advance to cancel swim lessons. Failure to cancel your lesson at least 24 hours prior or showing up over 15 minutes late to the start will result in a loss of the lesson and you will not be reimbursed.

RESCHEDULING PRIVATE SWIM LESSONS

If you must re-schedule a private swim lesson for a time other than your regularly scheduled time, your swim instructor must first confirm the new day/time with the instructor to assure there is not a conflict with regularly scheduled pool activities. This must be done before the start of the new lesson.

CONTINUING PRIVATE LESSONS

If you plan to continue private lessons with your same instructor, there is no need to re-submit a request to the APC. Your swim instructor will confirm your private lesson day/time with the APC, prior to continuation, to make sure your lessons do not conflict with changing pool hours during intersession or other scheduled pool activities.

Hulsey Wellness Center Policies

PAYMENT and REFUNDS

The Hulsey Wellness Center accepts Visa, Mastercard, Cash or Check. All swimming lessons must be purchased prior to the lessons.

School Year Group Swim Lessons are purchased as a complete session. No pro-rating, refunds, or make-up lessons will be provided for missed classes or participant withdrawal after the **first week** for any reason.

Summer Group Swim Lessons are purchased as a complete session. No pro-rating, refunds, or make-up lessons will be provided for missed classes or participant withdrawal after the **first 2 days** for any reason.

Private Swim Lessons can only be purchased after a date, time, and instructor have been confirmed by the APC. Private swim lessons may be purchased one at a time or by purchasing up to 8 lessons per participant. Private swim lesson instructors are required to track lessons purchased and used. They will be able to inform you when you need to purchase more lessons. Receipt is required for proof of purchase to continue lessons. **There are no refunds for private lessons.**

LOCKER ROOMS and the FAMILY CHANGING ROOM

As with all other activities at the Hulsey Wellness Center, children must be supervised in the locker-rooms. For patron comfort, children of the opposite sex are NOT allowed in locker rooms at any age. The Family Changing room is available for children/parents of the opposite sex.

SWIMMING BEFORE and AFTER LESSONS

Children are not permitted to swim before or after their swimming lessons. Children may enter the pool under the supervision of their swim instructor. **HWC members** are permitted to stay and practice after their lesson under the following conditions:

- Family swim times Sunday – Thursday 5-8pm
- Children under 12 years of age must be supervised by an adult and are not allowed in the Coolidge pool without an adult. Any child under the age of 6 is only allowed in the pool with a parent and the parent must be in the water with their child.
- Children who are unable swim must be always within arm's length of an adult (whether they can touch the bottom or not).

Selecting a Level

HOW TO SELECT A LEVEL FOR YOUR PARTICIPANT

Your participant's current swimming level is the level that most accurately describes their swimming abilities. Swimming levels are listed below and on the next page for your reference. If your participant cannot perform all the activities listed in a level description, then they should register for that level with the aim to complete *all* the skills listed. If your participant can perform all the skills listed in a level, then they are ready to move up to the next level.

IMPORTANT:

The levels are not designed for specified ages. Each level has different skill requirements which will determine the level of the child. We are more concerned with your child's endurance, maturation and safety than simply completing skills. Therefore, your child may repeat a level even though progress was made.

Already taken lessons at Hulsey? Please refer to the level written on the report card given to your child after the end of their last lesson.

We offer group lessons for any child 4 and up.

If you have questions regarding your participant's swim level, please contact ladams@southern.edu

Swim Level Descriptions

Level 1

INTRODUCTION to WATER SKILLS

The goal of Level 1 is to learn basic personal water safety information skills, to help participants feel comfortable in the water and to enjoy the water safely. Level 1 is for beginner swimmers who have had very little or no swim instruction, focusing on elementary aquatics skills, developing positive attitudes, good swimming habits and safe practices in and around the water. Level 1 skills include: safely entering/exiting the water, blowing bubbles, bobbing, opening eyes underwater to retrieve submerged objects, front and back floats and gliding, alternating arm and leg action, combined stroke movement. Most skills are performed with support.

Level 2

FUNDAMENTAL AQUATIC SKILLS

The goal of Level 2 is to help swimmers who have achieved comfort in the water gain familiarity with fundamental skills and achieve success without support. Level 2 focuses on teaching swimmers to float and glide on their front and back, develop simultaneous and alternating arm and leg actions, beginning fundamentals of side breathing, and lay a foundation for future strokes, all without support from the swim instructor.

Level 3

STROKE DEVELOPMENT

The goal of Level 3 is to build on previously learned skills and provide additional guided practice. Level 3 is for swimmers who are able to swim with combined stroke on front and back (without assistance). Level 3 focuses on making swimmers comfortable and safe in deep water, teaches front crawl and elementary backstroke, builds on the fundamentals of treading water and backstroke, and introduces head first entries.

Level 4

STROKE IMPROVEMENT

The goal of Level 4 is to develop participants' confidence in the strokes learned thus far and to improve other aquatic skills. Level 4 focuses on further developing rotary breathing, freestyle, backstroke, elementary backstroke, while learning scissors kick, whip kick and breaststroke. They will also tread water with modified scissors kick and develop progressive diving.

Level 5

STROKE REFINEMENT

The goal of Level 5 is to coordinate and refine strokes. Level 5 is for swimmers who are competent in all strokes as well as basic diving techniques. Level 5 swimmers will focus on alternate breathing, stride jump, refinement of freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turns and flip turns, surface dives, treading water, and diving off block.

Level 6

SWIMMING and SKILL PROFICIENCY

The goal of Level 6 is to refine strokes, so participants swim them with more ease, efficiency, power, and smoothness over greater distances to increase endurance and aquatic fitness. Level 6 skills include circle swimming, using a pace clock, using swimming equipment such as pull buoys and fins, with a final skills assessment of swimming. 500 yards continuously using any 3 strokes.

Frequently Asked Questions

What if my child isn't signed up for the appropriate swim level?

The APC and instructors will be observing the first lesson to make sure that each swimmer is in the appropriate class for their abilities and make adjustments where possible.

What should I bring to lessons?

Each lesson participant is required to wear proper swim attire. Young children who are not toilet trained must wear swim diapers under their swimsuits. Goggles are not necessary but may be recommended for more advanced levels (level 1 requires that each participant open their eyes underwater without goggles).

Can I stay and watch the lesson?

You are welcome to watch your participant from any of the benches on deck, but please refrain from approaching your participant during their lesson. If your presence on deck is disruptive to your participant's learning environment, then you may be asked to wait in the Hulsey lobby until the end of lessons. If you have questions, comments, or concerns during the lesson please address them with the APC or wait until after lessons to approach your participant's swim instructor.

What if my participant gets cold during lessons?

The Hulsey/Coolidge pools are set at a recreational temperature of 81-82°F. Warm showers are the best option for warming small children safely. Additional clothing layers, such as a rash-guard, may provide insulation for your child. Please note that additional clothing layers must be appropriate swim attire.

What is the temperature of the pool?

81-82°F (*Recreational Pool Temperature*)

Pool and Spa Rules

Pool and Spa rules are posted in both pool areas.

POOL RULES

- All patrons must wear 1 piece swim attire.
- All patrons must shower before entering the pool.
- Running, rough play and yelling are prohibited.
- Diving is allowed only along the deep end of the pool (front dives only – no flips).
- Food and drink are prohibited on the pool deck (water is allowed in non-breakable containers)
- No Public Displays of Affection (PDAs) in the pool.
- Non-swimmers or weak swimmers must stay in the shallow end unless they are accompanied by an adult.
- All swimmers under the age of 6 must be accompanied in the water by an adult and must stay within an arm's length of their chaperone.
- Please circle swim if there are 3 or more patrons in a lap lane. (if you are not familiar with circle swim, please ask the lifeguard)

SPA RULES

- All patrons must shower before entering the spa.
- Diving, jumping in, or sleeping in the spa is prohibited.
- Pool toys are prohibited in the spa.
- No Public Displays of Affection (PDAs) in the spa.
- Patrons' heads must always remain above the surface of the water.
- Children under the age of 18 years old are prohibited in the spa and hydrotherapy room.
- **CAUTIONS:** Pregnant women, elderly persons, and persons suffering from heart disease, diabetes, high or low blood pressure should not enter spa without prior medical consultation and permission from their Physician.

Persons refusing to obey these regulations may be subjected to removal from the premises.

Contact Information

Southern Adventist University
Hulsey Wellness Center
4870 University Drive
Collegedale, TN 37363

Phone: (423)236-2850