

Children's Swimming Lessons at VSU - **Frequently Asked Questions**

1. How do I know if my child should be enrolled in a non-swimmer or swimmer session?

Your child is a **swimmer** if he or she:

- Is comfortable in and not fearful of the water, including the deep end.
- Can float on his or her back for at least one minute.
- Can tread water for 30 seconds.
- Has a basic understanding of elementary strokes (can perform something that resembles the stroke).
- Can swim (any style) a distance of 25 yards without stopping or touching the side/bottom of the pool.

2. Why are there only 4 children in a session?

Our lessons are semi-private and our instructors work with the group and with each child individually according to that child's abilities. This individualized attention would not be possible with groups larger than four.

3. My child is almost three. Can I enroll him or her in swimming lessons?

VSU Continuing Education swimming lessons are for children ages 3 and up. While there are no upper age restrictions, we cannot enroll children younger than 3 years of age.

4. Can I sit inside by the pool to observe my child during the lesson?

No. For the safety of everyone, we ask that all adults and children who are not enrolled in the current swimming session sit outside on the sun deck during the session. This will ensure distractions are kept to a minimum so that your child stays focused on the lesson and receives the greatest benefit from the instruction.

5. May I bring other children with me to my child's swimming lesson?

Yes. We understand that it is not always possible to leave siblings at home. However, you will need to stay with them on the sun deck adjacent to the pool. Please be aware that it is the policy of VSU's Student Recreation Center that no one under seventeen is permitted in the facility. We have been granted special permission to conduct swimming lessons for children. Only children registered for swimming lessons can be allowed inside the facility during the lesson.

6. Are changing rooms/restrooms available?

Yes. A family changing room with restrooms is available for your use. Please note, for security and your child's protection, parents and children attending the swimming lessons are required to use the Family changing facilities. Parents must accompany young children to and from the family changing room.

7. Can my child wear a swim aid such as a life vest during his/her lessons?

Life vests and other flotation devices are not recommended because they limit your child's movements and interfere with learning many of the skills the instructors are trying to teach. Children also learn to become dependent on the vest which is contrary to what the lessons are intended to teach. If you are concerned about safety, please be aware that there is a certified lifeguard stationed right at the pool's edge where they children are swimming and another lifeguard covering the entire pool. There will only be three or four children at a time in the water with a certified and experienced Red Cross Water Safety Instructor (WSI).

8. What is the policy on make-ups for missed sessions?

Classes missed for personal reasons cannot be made up. However, there are occasions when lessons are cancelled because the pool closes due to inclement weather. Classes will proceed as scheduled in the event of rain, but will be cancelled if there is lightning in the area. Every effort will be made to reschedule classes cancelled due to inclement weather. Please talk to the instructor in the event a class is cancelled or postponed due to storms.

9. Can I sign the waiver on the first day of class?

Yes. Waivers signed by a parent or guardian must be signed before the child begins the lesson. For your convenience, waiver forms are available on our website at www.valdosta.edu/conted. Click on "Kids' Stuff".