

Copperas Cove City Pools

Aquatic Programs



2016 User Handbook

City of Copperas Cove Parks & Recreation

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General Information

IMPORTANT

We ask that all parents read the information in this booklet. Not only will it answer many questions you may have, but will be able to tell your children what they will be doing and learning. We believe this will make them more enthusiastic about their lessons as well as eager to learn. Please share this information with them.

MEDICAL PROBLEMS

Medical histories should be available at pool site for students with medical problems. Inform registrar upon registration of any special needs of student.

INSTRUCTOR/AIDES

Instructors and instructor aides are certified by the American Red Cross. Advanced Aides are certified as Water Safety Instructor Aides.

WARNING!! WARNING!! WARNING!! WARNING!!

- A certificate from any one of our classes does not ensure against drowning
- Panic is the major cause of drowning and even a good swimmer can panic
- Parents should at all times watch children at pool or wading pool, even when there is a lifeguard on duty. Parents know their child's ability level and can spot a problem more quickly than a lifeguard
- Never assume that a child is safe in a swim ring, inner-tube, float toy, or holding onto a kickboard. The child may float into water over his head, lose his floating support and find himself too far from the side of the pool

YOUR FEEDBACK COUNTS

We would appreciate your comments on our programs, instructors and aides. We strive to improve our courses and organization so we can offer the best possible program. Swim Program Surveys are distributed every session.

PRACTICE

Additional practice of skills learned in class is needed if children are to become proficient swimmers. Please take your children to a pool to practice whenever possible.

REGISTRATION

When registering for a swim level, your child must have mastered the skills of all preceding classes. If your child passed a level, but has not practiced recently, we recommend your child repeat his last level.



Health & Hygiene



CHLORINE AND PH

- Levels are checked 4 to 6 times daily, with random checks by the health Department
- Chlorine levels are kept between .5 and 1.5, and pH is held between 7.2 and 7.8
- Eye burn may occur when pH of fluid in eye is different from that of the pool
- Use of goggles is recommended for levels 4 and higher, due to extended eye contact with pool water
- Use of goggles is NOT recommended for children in levels 1-3

OVEREXPOSURE TO THE SUN

- Use sunscreen
- If t-shirts are worn, they should be close fitting to avoid restriction of movement and must be swim shirt material

DRY SKIN

- Shower off after class/swim session
- Apply lotion

EAR INFECTIONS

- Swimmer's ear (infection of ear canal resulting from moisture being trapped in the ear) may result from extended times in the pool
- Commercial preparations may help to dry the ear out
- See a physician for treatment of pain or discharge from ear

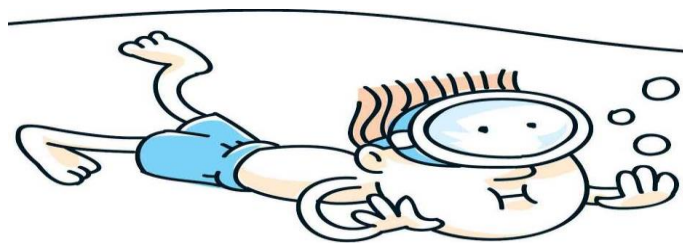
SKIN INFECTIONS

- Any swimmer with open wounds, lesions, contagious rashes, etc... will not be allowed to swim

Parents: Please have your children go to the bathroom and blow their noses before entering the pool!! We ask parents to refrain from feeding the children before swimming or lessons, unless they are fed at least one hour before the beginning of class. That will allow ample time for digestion and should eliminate most cases of vomit in the pool. We also ask you not bring children to the pool if they are sick.

- Swim diapers are REQUIRED for all children who are not toilet trained
- Please do not allow children with active diarrhea or are recovering from diarrhea to go into the pool, as infection may occur when individuals are exposed to water contaminated with fecal matter
- The pool must be closed for obvious health reasons when fecal and vomit contamination occur

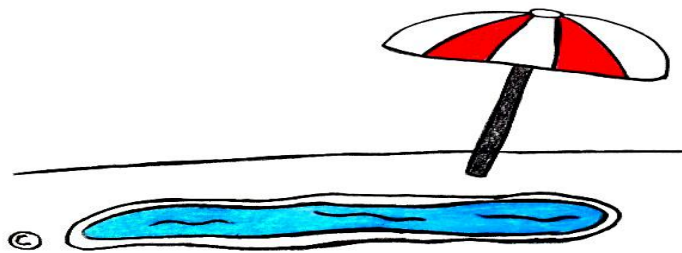
Water Safety Rules



- No outside food or drinks
- No glass
- No running or horseplay
- No profanity
- No Gum
- No Pets
- Swimsuits are MANDATORY (Must be designed and made for swimming)
- No cotton clothing allowed in pools
- No basketball shorts
- No smoking inside or within 15 feet of the building
- Must be 13 or older to be in the pool without supervision
- CCPARD is not responsible for lost or stolen items
- No spitting or bodily fluids in the pool
- No flotation devices allowed in the pool (except for swim aids)
- Babies MUST wear swim diapers
- Pool Staff (Lifeguards & Pool Managers) reserve the right to deny the use of the pool to anyone at anytime
- No rain checks or refunds

City Park Pool Facts:

- Maximum Bather Load: 250 persons
- Surface Area: 5,173 sq. ft.
- Pool Volume: 250,000 Gallons
- Turnover Rate: 8 Hours
- Pool Opening Date: June 4th, 2016
- Pool will be open May 28-29, 2016 for Memorial Day Weekend
- 2015 Swim Attendance Numbers: 7,329 Patrons



South Park Pool Facts:

- Maximum Bather Load: 200
- Surface Area: 3,375 sq. ft.
- Pool Volume: 101,250 Gallons
- Turnover Rate: 56 Hours
- Pool Opening Date: June 4th, 2016
- Pool will be open May 28-29, 2016 for Memorial Day Weekend
- 2015 Swim Attendance Numbers: 3,458 Patrons

Pool Season:

Tentative Length of Season

May 28-29: Open for Memorial Day
Weekend

June 4- Sept. 4** Regular Hours

Aug. 15- Sept. 4: Pool open
weekends only

Pool schedule is subject to change

Daily Admission Fees:

(*Must show ID*)

Children under 2- Free

Resident 2 to 49- \$3.00

Non-Resident 2 to 49- \$5.00

Seniors 50 to 64- \$2.00

Seniors 65+ - Free

Season Passes:

Resident

Individual- \$40.00

Family of 4- \$75.00

Add Member- \$10.00

Non-Resident

Individual- \$60.00

Family of 4- \$125.00

Add Member- \$15.00

Seniors 50 to 64- \$30.00

Seniors 65+ - Free

(Replacement Pass- \$5.00)

Season passes are only good for the current swim season. Passes will not cover City sponsored events. Passes must be in the possession of the individual(s) to enter the facility. Passes can be purchased at the Golf Course beginning **April 18, 2016.**



City Park Pool Hours

Closed Monday for Maintenance

Open Swim

Tuesday-Friday: 1pm-7pm

Saturday-Sunday: 12pm- 7pm

Family Nights

Thursday nights: 7:30pm-9:30pm

Programmed Hours

Tuesday-Friday: 7:30am-12:30pm

South Park Pool Hours

Closed Tuesday For Maintenance

Open Swim

Mon./Thurs.: 2:00pm-7:00pm

Wed./Fri.: 2:00pm-5:30pm

Saturday-Sunday: 12:00am-7:00pm

Programmed Hours

Mon./Thurs.: 9:00am-1:30pm

Wed./Fri.: 9:00am-1:30pm/6:00pm-7:00pm

Saturday-Sunday: 9:00am-11:00am

Children 12 and under must be accompanied by their parent/guardian AT ALL TIMES upon entering pool facility.

If an individual leaves the facility, he/she must pay the admission fee to re-enter. For security reasons individuals with swim passes are encouraged not to leave and re-enter facility numerous times.

Rental Information

(Reservations start on May 2nd)

The Copperas Cove City Park Pool and South Park Pool are available for rental on Friday, Saturday, and Sunday evenings from 7:30-9:30pm. There is a two (2) guard minimum for each party. If over fifty (50) people are anticipated, one (1) guard per every additional twenty-five (25) people is required.

Pool Rental Fee: \$100.00

Deposit: \$75.00

Fee for additional 25 people: \$50.00

Fee each additional hour: \$50.00

**Fee does not include \$15 per hour per lifeguard. Lifeguards are paid directly in cash on the night of the event*

**All pool rules apply for private parties.*

**No food or drink (with the exception of cake) during parties. Concession stands will be open during party times. If you would like to bring your own food/drinks, there will be a fee of \$20.*





New Programs in 2016

Superhero Swim

- An opportunity for children with intellectual and/or physical disabilities to swim and enjoy the facility with supervision for the price of regular admission.

Tot-Time

- Kids can get on board during this special time for children 5 and under. Come bring the kids out to enjoy the pool with slide and our splash pad. The South Park Pool is open for this activity twice a week for the price of regular admission.

Junior Lifeguard Program

- We are excited to offer this new program to children ages 10-17 years of age. This program gives children an opportunity to improve their swimming skills, receive a basic understanding of water rescue, first aid, and CPR. Participants will work on enhancing interpersonal skills through training in public contact and teamwork, developing a sense of responsibility, and strong work ethic. (Participants must pass a swimming test to get into program) This program will have a \$100 fee to include an official lifeguard swimsuit, and CPR/First Aid certification. (Registration at Parks and Recreation office.)

Night Waves Pool Party Series

- Parks and Recreation will be hosting pool parties on selected family nights. These pool parties will be themed and tons of fun and music! (Check on CCPARD.com for dates.)

Lap Swim

- Want to exercise first thing in the morning and have fun while doing it? We will now have lap swimming at the City Park Pool every morning from 7:30am to 8:30am prior to the pool opening to the public.

Dive-In Movie Night*

- Come join us at the City Park Pool for a night of relaxing in the pool with your family while watching a movie! (Event may change depending on availability. Dates to be determined. Check on CCPARD.com for dates.)



Summer Water Fitness

Water Aerobics-AM Class

Monday/Wednesday/Thursday/Friday

9:00am – 10:00am

\$27.00 – 10 class punch card

South Park Pool

Water Aerobics-PM Class

Wednesday/Friday

6:00pm-7:00pm

\$27.00 – 10 class punch card

South Park Pool

*Please bring one pool noodle, bottle water, and water shoes (if needed) to class.

Aqua Zumba

Monday/Wednesday/Thursday/Friday

10:00am – 11:00am

\$27.00 – 10 class punch card

South Park Pool



Lap Swim

Tuesday-Friday

7:30am- 8:30am

\$27.00- 10 day punch card

City Park Pool

****Punch cards must be purchased at Parks and Rec office (1408 Golf Course Rd.)***

Registration
opens April
11, 2016!

2016 Learn-To-Swim Program

Class Description

The Copperas Cove Parks & Recreation is excited once again to offer swim lessons for the 2016 swim season. Each comprehensive swim lesson will teach your child and other family members how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of the skills from preceding level, except for Level 1 which has no prerequisite. Each swim level of Learn-To-Swim includes training in basic water safety, helping a swimmer in distress, in addition to skills outlined below:

★ **Parent & Child Aquatics** (For children 6 months-3 years old)

Propose: Helps young children become comfortable in and around the water so they are ready to learn to swim. It is not designed to teach children to become good swimmers.

Instructors will guide and teach parents techniques to provide support, reassurance, and safety for their child's introduction to the aquatic environment. This class requires parent in the water at all times with child.

★ **Level 1- Introduction to Water Skills** (For children ages 3-5 years)

Purpose: Gives students success with fundamental skills. Participants will learn to: enter water by stepping or jumping from the pool side, exit the water safely using ladder or side, submerge entire head, open eyes underwater to pick up submerged object, float on front and back, perform front and back glide, roll over from front to back and back to front, tread water using arm and leg motions, swim on front and back using combined strokes, swim on side, and move in the water while wearing a lifejacket.



★ Level 2- Fundamental Aquatic Skills (Children must pass level 1 or ages 5 & up)

Purpose: Gives Students success with fundamental skills. Participants will learn to: enter water by stepping or jumping from the pool side, exit the water safely using ladder or side, submerge entire head, open eyes underwater to pick up submerged object, float on front and back, perform front and back glide, roll over from front to back and back to front, treat water using arm and leg motions, swim on front and back using combined strokes, swim on side, and move in the water while wearing a lifejacket.

★ Level 3- Stroke Development (Children must pass level 2 or ages 10 & up)

Purpose: Builds on skills in Level 2 through additional guided practice. Participants will learn to: jump into deep water from the side, dive from kneeling or standing position, submerge and retrieve an object, bob with the head fully submerged, use rotary breathing in horizontal position, perform front and back glide, perform survival float, change from horizontal to vertical position on front and back, perform front and back crawl, butterfly-kick and body motion, perform the HELP and Huddle position, perform a reaching assist, and use Check-Call-Care in an emergency.

★ Level 4- Stroke Improvement (Children must pass level 3 or ages 10 & up)

Purpose: Develops confidence in the skills learned and improves other aquatic skills. Participants will learn to: perform shallow dive from stride position, swim underwater, perform feet-first dive, perform open turns on front and back using any stroke, tread water using sculling arm motions and kick, perform the following: front and back crawl, breaststroke, butterfly, elementary backstroke, swim on side using scissors-like kick, use safe diving rules, perform compact jump into water from a height while wearing a lifejacket, perform a throwing assist, and care for conscious choking victim.

★ Level 5- Stroke Refinement (Children must pass Level 4 or ages 10 & up)

Purpose: Develops the coordination and refinement of strokes.

Participants will refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.



Parent & Child Aquatics- **Baby Seals**



Baby Seals: 6 months to 3 years with one participating parent/guardian.

Class Length: 35 minutes

Purpose: Introduces basic skills to parents and children. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children are introduced to basic skills that lay a foundation to help them learn to swim. They improve those skills and learn more advanced skills as they progress. Several Water Safety topics are introduced that are directed to parents.

Note: Class doesn't teach children to be accomplished swimmers.

Needs:

- **Swim diapers are required for all children who are not toilet trained. The pool must be closed for health reasons when "accidents" occur**
- **Bring a bathtub toy that floats**
- **Bring a drink and snack for after the class as a reward**
- **Eating before class may cause children to spit up, since they tend to swallow water**
- **Children should not be hungry or tired**

This course uses **play** as a basic form of learning and provides fun and enjoyment in the water. A child's first experiences with the water are the most important, and we will strive to make it a very good experience. Never convey to your child any fear you may have of the water. Your child (if old enough) should be positive. Despite the similarities between young children, each one is unique. All children have individual qualities and characteristics that make them different. They may progress at different rates, so do not compare your child to others.

We will repeat the skills throughout the lessons. As children attempt new skills, praise them for even the slightest accomplishments.

Skills: (Some of the skills taught in class are listed below.)

Progression from the beginning to the more advanced skills will depend upon your child's readiness.

- | | |
|-----------------------------------|---|
| 1. Water entry and exit | 8. Arm action |
| 2. Breath control/blowing bubbles | 9. Combined arm & leg actions |
| 3. Front float & glide | 10. Reaching assists |
| 4. Back float & glide | 11. Importance of wearing a life jacket |
| 5. Rolling over | 12. Basic water safety rules |
| 6. Leg action on front & back | 13. Safety at the beach and water park |
| 7. Underwater exploration | 14. Water toys and their limitations |

Level 1- **Guppies**- Introduction to Water Skills

Frogs: Ages 3-5 years old

Class length: 35 minutes

Purpose: To help students feel comfortable in the water and to enjoy the water safely.

Prerequisites: Minimum age- 3 years old. (If less than 3 years old, enroll in baby seal class.)

Note: All skills are demonstrated with support in this level.

Learning Objectives

Enter and exit water using ladder, steps or side

Submerge mouth, nose, and eyes

Blow bubbles through mouth and nose, 3 seconds

Open eyes underwater; retrieve submerged objects 2 times in shallow water

Front glide, 2 body lengths, and recover to vertical position

Back glide, 2 body lengths

Back float 3 seconds and recover to vertical position

Treading with arm and hand actions in chest-deep water

Roll over front to back and roll over back to front

Alternating leg actions on front and back, 2 body lengths

Simultaneous leg action on front and back, 2 body lengths

Alternating arm actions on front and back, 2 body lengths

Simultaneous arm actions on front and back, 2 body lengths

Combined arm and leg actions on front and back, 2 body lengths

Staying safe around aquatic environments

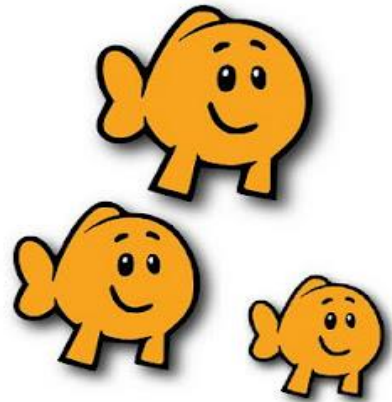
Recognizing the lifeguards

Don't just pack it, wear your jacket

Recognizing an emergency

How to call for help

Too much sun is no fun



Exit Skills Assessment for Level 1

1. Enter unassisted, move 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (child can walk, move along gutter or "swim")
2. While in shallow water, glide on front at least 2 body lengths, roll to back and float for 3 seconds then recover to vertical position.

Swim diapers are required for all children who are not toilet trained. The pool must be closed for health reasons when "accidents" occur.

Level 2- Jellyfish- Fundamental Aquatic Skills

Jellyfish: Ages 5 years old and up

Class Length: 35 minutes

Purpose: To help students feel comfortable in the water and to enjoy the water safely. Help students attain success with fundamental skills.

Prerequisites: Minimum age- 5 years old, or have passed Level 1

Level 2 Skills

Enter water by stepping or jumping from the side

Exit water safely using ladder, steps or side

Fully submerge and hold breath, 5 seconds

Bob 5 times in chest-deep water

Open eyes underwater, pick up submerged objects, and front float for 5 seconds

Jellyfish and tuck floats, 5 seconds

Front glide, 2 body lengths

Recover from front float/glide to vertical position

Back float, 15 seconds and recover

Back glide, 2 body lengths and recover

Change direction while swimming on front/back

Roll over from front to back and back to front

Treading with arm and leg actions, 15 seconds

Combine arm/leg actions on front, 5 body lengths

Combine arm/leg actions on back, 5 body lengths, finning arm action on back, 5 body lengths.

Staying safe near aquatic environments

Don't just pack it, wear your jacket

Recognizing emergencies and how to call for help

Too much sun is no fun

Look before you leap

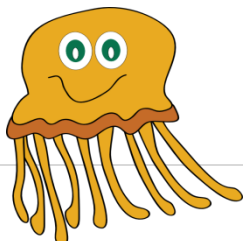
Think so you don't sink

Reach or throw, don't go



Exit skills assessments for level 2

1. Step from side into chest-deep water, move into front float for 5 seconds, roll to back, float for 5 seconds, then recover to vertical position.
2. Back float for 5 seconds, roll to front & recover.
3. Push off & swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front and continue swimming for 5 body lengths.



Level 3- **Sea Otters**- Stroke Development

Sea Otters: Ages 10 years old and up

Class Length: 35 minutes

Purpose: Builds on previously learned skills by providing additional guided practice.

Prerequisites: Ages 10 and up or have passed Level 2

Level 3 Skills

Enter water by jumping from side

Head first entry from the side in a sitting position

Head first entry from the side in a kneeling position

Bob while moving towards safety, 5 times

Rotary breathing, 10 times

Survival float, 30 seconds

Back float, 30 seconds

Change from vertical to horizontal position on front

Change from vertical to horizontal position on back

Tread water, 30 seconds

Push off in streamlined position on front then begin flutter kicking, 3-5 body lengths

Front crawl, 15 yards

Elementary backstroke, 15 yards

Scissor kick, 10 yards

Reach or throw, don't go

Think twice before going near cold water or ice

Look before you leap



Exit skills assessment for level 3

1. Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.



Level 4- **Sting-Rays**- Stroke Improvement

Sting-Rays: Ages 10 years old and up

Class Length: 35 minutes

Purpose: To develop confidence in the strokes learned and to improve other aquatic skills

Prerequisites: Ages 10 and up or have passed Level 3

Learning Objectives

Head first entry from side in a compact position (in water at least 9 feet deep)

Head first entry from side in a stride position (in water at least 9 feet deep)

Swim underwater, 3-5 body lengths

Survival swimming, 30 seconds

Front crawl open turn

Backstroke open turn

Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes

Front crawl, 25 yards

Butterfly, 15 yards

Elementary backstroke, 25 yards

Push off in streamlined position on back and begin flutter kicking, 3-5 body lengths

Push off in streamlined position on back and begin dolphin kicking, 3-5 body lengths

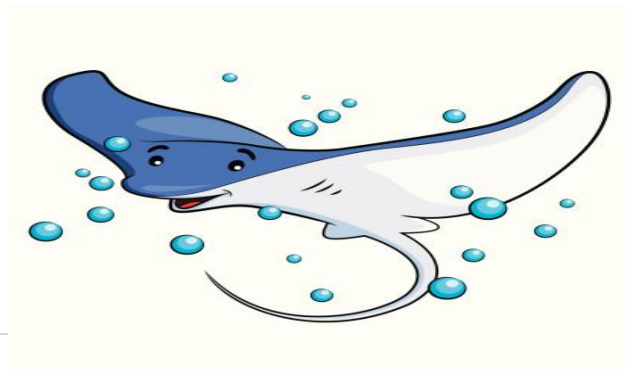
Sidestroke, 15 yards

Reach or throw, don't go (reaching assist, throwing assist)

Look before you leap

Exit skills assessment for level 4

1. Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.



Level 5- **Sharks**- Stroke Refinement

Sharks: Ages 10 and up

Class Length: 35 minutes

Purpose: To develop the coordination and refinement of strokes

Prerequisites: Ages 10 and up or have passed Level 4

Learning Objectives

Shallow-angle dive from the side (in water at least 9 feet deep)

Shallow-angle dive, glide 2 body lengths, begin any front stroke (in water at least 9 feet deep)

Tuck and Pike surface dives, submerging completely

Front flip turn while swimming

Tread water, 5 minutes

Front crawl, 50 yards

Breaststroke, 25 yards

Butterfly, 25 yards

Elementary backstroke, 50 yards

Back crawl, 25 yards

Standard scull, 30 seconds

Sidestroke, 25 yards

How to call for help and the importance of knowing first aid and CPR

Recreational water illnesses

Reach or throw, don't go

Look before you leap

Think so you don't sink

Think twice before going near cold water or ice

Wave, tide or ride, follow the guide



Exit skills assessment for level 4

1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.
2. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.

Parent Participation Information

Parent Days

First and last days are considered Parent Days... on the first day of the session, you can help your child get acquainted with a new situation and on the last day you may bring your camera or video and watch you child show you all of the swimming skills he/she has acquired. (Please stay in identified parent areas.)

Our Goal

Our goal is to teach your children to swim in a safe environment. Our experience has been that we do a better job when we have had the cooperation of parents and visitors helping eliminate excess activity in the pool area by waiting in the designated spectator areas. Please keep other children not participating in lessons out of the water. Please ask us if you have a special need. Thank you for your cooperation.

How to help your child have a successful swimming experience

1. If your child has special needs, please indicate those on the registration form. We need prior notification of special needs so we will have adequate time to plan for ways to meet those special needs. Without prior preparation we may not be able to help with special needs.
2. Attend class every day.
3. Be on time (early 10 mins.) to class. If you are late to class, always escort your child to his/her class.
4. Take children to the pool during public pool hours to let them practice skills taught in class. (It usually takes more than one session of classes for children to master all the skills taught and to advance to the next level.)
5. If you see a problem, have a concern, complaint or compliment, please see the pool manager on duty and let them know. (We can only make improvements with your input.)
6. Please **BE ON TIME TO PICK UP CHILDREN WHEN CLASS IS OVER**. Children are often upset when caretakers arrive late to get them. If parents are late, the child will be told to wait in the lifeguard break area until the parent arrives.

Parent Information for CCPARD Swim Lessons

The learn to swim course is offered at the Copperas Cove City Park Pool facility and is designed to give your child a positive learning experience and teach lifelong swimming skills. Regardless of your child's swimming ability, you can play a critical role in guiding, caring for, supervising, motivating and working with your child during this experience. The following are some suggestions to help you in providing the best experience for your child:

Prepare your child for this experience- Give your child an opportunity to visit the pool before the beginning of class. Describe what will be happening and perhaps talk to an instructor. Even very young children can benefit from this orientation.

Be prompt- Children can get anxious if hurried. Allow plenty of time before and after class for showering, going to the bathroom, and dressing.

Follow the rules and regulations- You are responsible for your child's actions, not the instructor or lifeguard. Teach, talk about, and review the pool rules with your child. Lead by example.

Attend every lesson- Frequent practice is the key to adjustment and learning. Children can regress quickly if not allowed to practice. It is a good idea to encourage a crying or hesitant child to continue attending the class. Just being around the pool and observing the activities can help your child adjust.

Complete all the levels- Make sure your child completes all the learn-to-swim levels so that he or she truly has the skills to be safe in, on, and around the water.

Encourage safe practices- Young children cannot be expected to exercise good judgment and caution. Children must be constantly reminded to walk slowly in the pool area and only enter the water with the instructor during the class and with you after the class.

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. Respect 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.

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- Try out the skills and activities at home or during the recreational swimming hours at the pool. The bathtub, shower, or wading pool is a perfect place for practice. The more practice, the better your child will learn, and the more quickly he or she can progress.

Philosophy and Objectives

- Provide for the safety of the students
- Provide a positive, happy experience for students
- Teach students to enjoy the water
- Teach students to swim
- Teach water safety
- Emphasize self-help (the ability to get oneself out of a dangerous situation by not panicking, by rolling over onto back, floating and calling for help, or by swimming to side and calling for help or getting out.)
- Students receive a certificate with skills checklist and recommendation from instructor for next class in which to enroll

Policies

We are not responsible for lost or stolen items!

Refunds

- Refunds must be requested at least 7 days before the session begins. We must have adequate time to prepare for necessary instructor assignments based upon attendance. With less than 7 days notice, there will be no refund.
- Doctor's note is required for a FULL refund due to extended illness.
- A \$5 administrative fee (Refund Fee) is charged for all refunds (with the exception of refunds accompanied by a doctor's note for extended illness.)

Transfers

- Transfers to different hour or different sessions must be requested at least 7 days before the session begins. We must have adequate time to prepare for necessary instructor assignments based upon attendance. With less than 7 days notice, there will be no transfer to other hours or sessions.
- Doctor's note required for transfers due to extended illness.

Rest Room Policy

- 3, 4, & 5 year olds will be escorted to rest room by their parents during class time. Children 6 years and older will be allowed to go by themselves. Please encourage children to go to the rest room before class begins.

Crying

- If your child cries very much the first and second day, we may ask you to get in with them. If your child cries after this, transfer (no transfer fee) to a Parent and Baby Seal class or to a later session is recommended. If this happens, we recommend you to take the child swimming at the pool where the lessons are held and work on some swimming skills with them.

Cancelled Classes

- If classes must be cancelled because of bad weather, the decision to cancel is made approximately 30 minutes before class time. You may call the pool lesson site 30 minutes before class time to ask the current status of lessons.
- If we must get out of the water, instructors will cover required safety portions of the course. Classes may also be cancelled for mechanical problems or unexpected situations affecting health, such as feces or vomit in the pool.
- Cancelled classes will be made up on Mondays, Saturdays or Sundays if needed.
- There will be NO REFUNDS for cancelled classes.

Class Assignments

- Children will be given a short swim test on the first day so we may group them according to ability within a class, and determine they are in the correct level. A water safety instructor or pool manager may transfer a student as necessary.
- Since many children may get out of shape over the winter or forget previously learned skills, we may move a child back to the proper class level, so they may review, practice, and improve their skills to insure they meet class skill prerequisites.

Attendance

- Please be punctual, but if you are late to class, please take your child to the instructor in the pool.
- Please do not bring children earlier than 10 minutes before class.
- Children who attend all classes will benefit.

Evaluation of Skills

- Evaluations will be done by program supervisors for strokes that students swim for 25 yards or more and evaluations will be done by instructors if the stroke is swim for less than 25 yards.
- Evaluations are done on the 7th and 8th days of the session.

- All students receive a certificate listing skills taught and evaluated. Instructors will indicate on the certificate the class in which students should next enroll.
- Most children require more than one session in a particular level before advancing to the next level. Endurance, coordination, and being comfortable in the water contribute to the student's progress.
- Remember that learning to swim is the goal. Remaining in one level for more than one session does not mean the child has not improved. It means more practice is needed to improve current skills and prepare for more advanced skills of the next level. All children will improve with supervised practice and corrective feedback. Practice time outside of class is beneficial.

Class Discipline

- We reserve the right to take children out of classes when they are verbally or physically abusive to other students or instructors, or if they disrupt the class.

Special Needs

- If your child has special needs, please indicate the special needs when you register. We will do our best to accommodate the special needs of the students.
- We must have adequate time to plan for ways to meet the special needs requested.
- Without prior notification of special needs, we may not be prepared and may not be able to help with the special needs requested.



Copperas Cove Parks & Recreation

Learn-To-Swim Class Schedule

Session 1: June 7- June 17

9:00am-9:35am	Level 1	Introduction to Water Skill (Frogs)
9:45am-10:20am	Level 2	Fundamental Aquatic Skills (jellyfish)
10:30am-11:05am	Level 3	Stroke Development (Sea-Otters)
11:15am-11:50am	Level 1	Introduction to Water Skill (Frogs)
12:00pm-12:35pm	Level 0	Parent & Child Aquatics (Baby Seals)

Session 2: June 21- July 1

9:00am-9:35am	Level 3	Stroke Development (Sea-Otters)
9:45am-10:20am	Level 2	Fundamental Aquatic Skills (jellyfish)
10:30am-11:05am	Level 2	Fundamental Aquatic Skills (jellyfish)
11:15am-11:50am	Level 1	Introduction to Water Skill (Frogs)
12:00pm-12:35pm	Level 0	Parent & Child Aquatics (Baby Seals)
12:00pm-12:35pm	Level 4	Stroke Improvement (Sting Rays)

Session 3: July 5- July 15

9:00am-9:35am	Level 3	Stroke Development (Sea-Otters)
9:45am-10:20am	Level 2	Fundamental Aquatic Skills (jellyfish)
10:30am-11:05am	Level 3	Stroke Development (Sea-Otters)
11:15am-11:50am	Level 1	Introduction to Water Skill (Frogs)
12:00pm-12:35pm	Level 0	Parent & Child Aquatics (Baby Seals)
12:00pm-12:35pm	Level 4	Stroke Improvement (Sting Rays)

Session 4: July 19- July 29

9:00am-9:35am	Level 3	Stroke Development (Sea-Otters)
9:45am-10:20am	Level 2	Fundamental Aquatic Skills (jellyfish)
10:30am-11:05am	Level 4/5	Stroke Improvement/ Level 5-Stroke Refinement
11:15am-11:50am	Level 1	Introduction to Water Skill (Frogs)
12:00pm-12:35pm	Level 0	Parent & Child Aquatics (Baby Seals)

Session 5: August 2- August 12

9:00am-9:35am	Level 3	Stroke Development (Sea-Otters)
9:45am-10:20am	Level 2	Fundamental Aquatic Skills (jellyfish)
10:30am-11:05am	Level 1	Introduction to Water Skill (Frogs)
11:15am-11:50am	Level 4/5	Stroke Improvement/ Level 5-Stroke Refinement
12:00pm-12:35pm	Level 0	Parent & Child Aquatics (Baby Seals)

- *All Classes meet from Tuesday- Friday for 2 weeks (Monday closed for maintenance.)
- Classes are approximately 35 minutes in length.
- Parents are encouraged to attend lesson.
- Classes will have a 12 person maximum for each level.
- Childs ages 6 months to 15 years are eligible to register (see class description on other side).
- Nobody is allowed in the pool during swim lesson except participants... **NO EXCEPTIONS!!!**
- All rainout days will be made up Mondays, Saturdays or Sundays, if needed.

SWIM LESSON REGISTRATION STARTS APRIL 11, 2016

2016 Pool Schedule – City Park Pool

Open Memorial Day – Labor Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Parties Responsibilities <ul style="list-style-type: none"> • Deposit Rental Fee Lifeguard Fee-Paid in cash night of party 1 guard per 25 guests (min. 2 Guards)						
*Jr. Lifeguard 9:30-11:30 *Open Swim 12-7 *Pool Party 7:30-9:30	Pool Closed Cleaning/ Maintenance	*Lap Swim 7:30-8:30 *Swim lessons 9-12:30 *Open Swim 1-7	*Lap Swim 7:30-8:30 *Swim Lessons 9-12:30 *Open Swim 1-7	*Lap Swim 7:30-8:30 *Swim Lessons 9-12:30 *Open Swim 1-7 *Family Swim 7:30-9:30	*Lap Swim 7:30-8:30 *Swim Lessons 9-12:30 *Open Swim 1-7 *Pool Party 7:30-9:30	*Jr. Lifeguard 9:30-11:30 *Open Swim 12-7 *Pool Party 7:30-9:30
*Jr. Lifeguard 9:30-11:30 *Open Swim 12-7 *Pool Party 7:30-9:30	Pool Closed Cleaning/ Maintenance	*Lap Swim 7:30-8:30 *Swim lessons 9-12:30 *Open Swim 1-7	*Lap Swim 7:30-8:30 *Swim Lessons 9-12:30 *Open Swim 1-7	*Lap Swim 7:30-8:30 *Swim Lessons 9-12:30 *Open Swim 1-7 *Family Swim 7:30-9:30	*Lap Swim 7:30-8:30 *Swim Lessons 9-12:30 *Open Swim 1-7 *Pool Party 7:30-9:30	*Jr. Lifeguard 9:30-11:30 *Open Swim 12-7 *Pool Party 7:30-9:30
*Jr. Lifeguard 9:30-11:30 *Open Swim 12-7 *Pool Party 7:30-9:30	Pool Closed Cleaning/ Maintenance	*Lap Swim 7:30-8:30 *Swim lessons 9-12:30 *Open Swim 1-7	*Lap Swim 7:30-8:30 *Swim Lessons 9-12:30 *Open Swim 1-7	*Lap Swim 7:30-8:30 *Swim Lessons 9-12:30 *Open Swim 1-7 *Family Swim 7:30-9:30	*Lap Swim 7:30-8:30 *Swim Lessons 9-12:30 *Open Swim 1-7 *Pool Party 7:30-9:30	*Jr. Lifeguard 9:30-11:30 *Open Swim 12-7 *Pool Party 7:30-9:30
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2016 Pool Schedule – South Park Pool

Open Memorial Day – Labor Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Parties Responsibilities <ul style="list-style-type: none"> • Deposit Rental Fee Lifeguard Fee-Paid in cash night of party 1 guard per 25 guests (min. 2 Guards)						
*Open Swim 12-7 *Pool Party 7:30-9:30	* Water Aerobics 9-10 *Aqua Zumba 10-11 *Superhero Swim 11:30-1:30 *Open Swim 2-7:00	Pool Closed Cleaning/ Maintenance	* Water Aerobics 9-10 *Aqua Zumba 10-11 *Tot-Time 11:30-1:30 *Open Swim 2-5:30 *Water Aerobics 6-7	* Water Aerobics 9-10 *Aqua Zumba 10-11 *Superhero Swim 11:30-1:30 *Open Swim 2-7:00	*Senior Water Aerobics 9-10 *Aqua Zumba 10-11 *Superhero Swim 11:30-1:30 *Open Swim 2-5:30 *Water Aerobics 6-7 *Pool Party 7:30-9:30	*Open Swim 12-7 *Pool Party 7:30-9:30
*Open Swim 12-7 *Pool Party 7:30-9:30	*Senior Water Aerobics 9-10 *Aqua Zumba 10-11 *Superhero Swim 11:30-1:30 *Open Swim 2-7:00	Pool Closed Cleaning/ Maintenance	* Water Aerobics 9-10 *Aqua Zumba 10-11 *Tot-Time 11:30-1:30 *Open Swim 2-5:30 *Water Aerobics 6-7	*Senior Water Aerobics 9-10 *Aqua Zumba 10-11 *Superhero Swim 11:30-1:30 *Open Swim 2-7:00	*Senior Water Aerobics 9-10 *Aqua Zumba 10-11 *Superhero Swim 11:30-1:30 *Open Swim 2-5:30 *Water Aerobics 6-7 *Pool Party 7:30-9:30	*Open Swim 12-7 *Pool Party 7:30-9:30
*Open Swim 12-7 *Pool Party 7:30-9:30	*Senior Water Aerobics 9-10 *Aqua Zumba 10-11 *Superhero Swim 11:30-1:30 *Open Swim 2-7:00	Pool Closed Cleaning/ Maintenance	* Water Aerobics 9-10 *Aqua Zumba 10-11 *Tot-Time 11:30-1:30 *Open Swim 2-5:30 *Water Aerobics 6-7	*Senior Water Aerobics 9-10 *Aqua Zumba 10-11 *Superhero Swim 11:30-1:30 *Open Swim 2-7:00	*Senior Water Aerobics 9-10 *Aqua Zumba 10-11 *Superhero Swim 11:30-1:30 *Open Swim 2-5:30 *Water Aerobics 6-7 *Pool Party 7:30-9:30	*Open Swim 12-7 *Pool Party 7:30-9:30
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