

# **LCRD Swimming Lessons**

## **Information Letter**

Welcome to the LCRD Swim Instruction program! The goal of this program is to provide beginner and advanced beginner level instruction to children ages 4 & older. Classes are set up and run along Red Cross guidelines, however, will not be Red Cross certified lessons. Classes are conducted Monday-Thursday for two weeks. Children may be signed up for any time slot and will be divided into age/skill appropriate groups at the pool.

Classes begin on the hour at 9:00, 10:00, or 11:00am and last for 50 minutes. Evening sessions begin at 6:10pm and last for 50 minutes. Parents must be present to pick up swimmers when the class ends and no later than the start of the next class. Parents are allowed to remain on the pool deck during lessons, however, this may cause your child to look to you instead of the instructor and slow the learning process. Any other children that accompany parents must be closely supervised at all times and must remain seated with parents. At no time will anyone other than class participants be allowed in the water before, during, or after classes.

Swimmers must bring their own swim suit and towel each day. The gate on the side of the bath house will be used to enter and exit the pool area each day. Dressing/rest rooms will be available from the pool deck.

Upon completion of the course, each participant will receive a certificate documenting the skill level attained. If you have any questions during the session, talk to the instructor either before or after your child's class, or at a time that does not interfere with any classes.

Should classes be cancelled due to inclement weather, pool problems, or any other reason, the time will be made up in subsequent lessons. If multiple days are cancelled, make up classes may be scheduled at a time other than the normal time.

For additional information on this or other LCRD programs you may call 448-LCRD, check out our web site at [www.lcrd.net](http://www.lcrd.net), or e-mail us at [lcrd@coastalnow.net](mailto:lcrd@coastalnow.net).