

1/1/2020

Swim Lessons Parent Handbook



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Dear Butterfield Parents,

We are pleased to welcome you and your child to another exciting year with our Butterfield Aquatic family. With the help of our caring staff, you will begin to see your child excel in their swimming talent while still enjoying the fun atmosphere that a pool creates. In order to ensure that your child has equal and quality time with his or her instructor, we offer five levels of swimming difficulty. Each level has been carefully constructed to cater to your child's individual needs. Each instructor strives to not only be a teacher, but also a role model to the participants and the community.

Within this handbook, you will find ways to help your child and/or children succeed in the learn to swim program.

We look forward to spending the summer with you at the Butterfield Park District. We pride ourselves in providing a fun learning experience for children as well as relief for any worried parents. Thank you for taking the time to enroll your child in swim lessons and we hope you enjoy your experience with us as we do with you.

If you have any concerns or questions feel free to contact us in person at the Butterfield Park District, or call (630) 858-2229.

Butterfield Park District Aquatic Staff

GENERAL INFORMATION

- The Butterfield Park District offers swim lessons in water safety and stroke work. Students will be tested the first day of lessons and placed into one of five skill levels. Students are taught the skills they need to progress into successful swimmers.
- Our main goal is to develop a love of swimming in hopes that your child will continue to swim with us on the Butterfield Bullfrogs Swim Team.
- We offer classes for children of all ages and work to meet their needs. As a reminder all swimmers develop at a different rate.

Little Swimmers Lessons: Classes: Tuesday/Thursday or Sunday

- 11:30am-12:00pm (Tuesday/Thursday) 11:00am-11:30am (Sundays)
 - \$38.00 Resident \$48.00 Non-resident
- Tuesday/Thursday Session: June 2 – June 18
Sunday Session: June 7 – July 19 (No Lessons July 5)
Tuesday/Thursday Session: July 7 – July 23

Learn to Swim: AM Classes: Monday-Friday

- 10:30am - 11:00 am or 11:10am - 11:40am
 - \$50 Residents/\$60 Non-residents
 - *\$45 Residents/\$55 Non-residents
- Session I: June 1 – June 12
Session II: June 15- June 26
*Session III: June 29 – July 10 (No Lessons July 3)
Session IV: July 13- July 24
Session V: July 27- Aug 7

Learn to Swim Campers: AM Classes: Mon, Tues, Thurs, and Friday

- 10:30am - 11:00 am
 - \$40 for campers only
 - *\$35 for campers only Session III
- Session I: June 1 – June 12
Session II: June 15- June 26
*Session III: June 29 – July 10 (No Lessons July 3)
Session IV: July 13- July 24
Session V: July 27- Aug 7

Sunday Swim Lessons: Classes: Sundays

- 11:00am-11:45am (Sundays) \$45.00 Resident \$55.00 Non-resident
- Sunday Session: June 7 – August 2 (No Lessons July 5)

Private Swim Lessons

Private Swim Lessons provided for Ages 3-Adult

- o June 1-August 8: Times TBD with instructor
Individual (30 minute) lesson: \$22
Book of 10 Lessons: \$154
Lessons must be used by August 8th

Private Swim Lesson Information (continued)

- o In order to better prepare your child for the next swim level or swim team, The Butterfield Park District offers private lessons for your child.
- o When choosing an instructor, make sure to keep in mind which instructor would best fit your child's needs and style of learning. Every instructor looks forward to seeing their students, not only during group lessons but in private lessons as well.
- o Private lessons give your child that necessary one-on-one training that could be lost as a result of a large group setting. Instead of moving at the speed of the group, during your private lessons the instructor will set goals for your child and individually move at the pace your child is learning. These lessons are a great way to improve your child's swimming ability as well as confidence in the water.
- o Private lessons can be scheduled individually with the instructor of your choice. They are extremely flexible and can be set up and changed at your convenience. The lessons can be spread out between all five sessions of group lessons from June 1- August 8th.
- o NO refunds will be given, and sessions do not roll over from year to year.

Swim Lessons University Certified

The Swim Lessons University curriculum is approved by the [USA Swimming Foundation's "Make a Splash" program](#) and an official Instructor.

Training program of the [World Aquatic Babies and Children's Network](#). *James L. Reiser, M.S.*, also known as "the Swim Professor," is the Founder and Executive Director of Swim Lessons University.

- o Reiser believes the key to putting better prepared swim instructors in the pool is to train instructors with a video-based program. This allows the instructor candidates not only learn from seeing the entire "process," they also see the learning process, which is far more effective than reading a manual or just seeing the "end product" on video. The learning process, according to Reiser, is what teachers-in-training really need to see, study, and understand. This is one of the features that make the Swim Lessons University training unique.
- o Recreation Departments, Y's, and swim schools alike have been adapting the Swim Lessons University program from around the country. In fact, the unique Swim Lessons University training courses have been now adapted in over 20 different countries to date. The Butterfield Park District is very excited to incorporate the Swim Lessons University curriculum.
- o As we hope all of you are too! Our Learn to Swim Instructors have been trained in the 9 DVD courses provided by SLU. This progressive swim lessons system incorporated sound teaching techniques while using a child-centered philosophy for teaching water safety skills and formal swimming strokes.
- o These next few pages will explain the guidelines of the swim levels that your child's instructor will use in order to decide on moving your child up. Every lesson plan will implement

each of the skills listed as well as having one of the points as the main activity of the day. We have combined our Park District levels with curriculum from SLU to create the best-rounded Learn to swim program for your child.

Lesson Level's:

o Level 1: Water Safety Skills:

Level focus:

Trust, comfort, body positions, full submersion under the water, forward movement, and blowing bubbles out of the nose.

Bench marks:

Swimmer is relaxed in the water. Puts face in the water and blows bubbles of nose. Swimmer jumps in the pool to an instructor. Swimmer lets instructor submerge them under the water.

o Level 2: Fundamental Aquatic Skills:

Level Focus:

Safety, trust and comfort, body positions, full submersion under the water, rotary movement, treading, survival floating on front and back.

Bench Marks:

Swimmer pushes off wall with feet and can kick to instructor and turn around to go back to the wall. Swimmer is working on building endurance by learning Freestyle, Backstroke, and Breaststroke.

o Level 3: Stroke Development:

Level Focus:

Trust, submersion, treading, body position, and air recovery. Forward motion, direction change, and rotary movement.

Bench Marks:

Swimmer trusts instructor and can submerge themselves and come back up. Swimmer can implement front crawl and swim out to an instructor. Swimmers can swim with a 1,2,3 breathe pattern.

Swimmer can kick with kick board to an instructor 12 yards

Swimmer is introduced to Elementary backstroke (Monkey, Airplane, Solider positions).

Swimmer can tread water with keeping head above the water

o Level 4: Stroke Improvement:

Level Focus:

Body position, air recovery, forward movement, direction change, integrated movement, and instruction to strokes.

Bench Marks:

Swimmer can swim with a 1,2,3 breathing pattern. Swimmer uses rotary breathing for freestyle. Swimmer can independently swim 12 yards of the pool (freestyle or backstroke). Swimmer pushes off wall with feet and can kick to instructor and turn around to go back to the fall. Swimmer is working on building endurance by learning freestyle, backstroke, and breaststroke.

o Level 5: Stroke Refinement:

Level Focus:

Freestyle, intro to backstroke, breaststroke, endurance, pre-swim team preparation, and review of treading drills.

Bench Marks:

Swimmers can swim freestyle 25 yards with correct body and breathing form. Swimmers can swim 25 yards of elementary backstroke. Swimmers can demonstrate breaststroke arms. Swimmers can tread water without help from an instructor. Swimmers can submerge themselves and streamline to the 12-meter mark of the pool. Swimmers can do an open turn when they get to the wall after successfully swimming across the pool. Swimmers continue to build endurance and skills.

Safety Benchmarks:

- Swimmers will gain confidence as they progress through our Learn to swim program.
- Swimmers will always ask permission to enter the water. Swimmers will understand the dangers of water.
- Swimmers will know how to independently put on competition goggles. Swimmers will know how to tread water.
- Swimmers will know how to survival float. Swimmers will always place 2 feet on the edge of the pool before jumping in.
- Swimmers will understand they must swim with in an arm's length of an adult during public swim times.

Butterfield Park District 2020 Aquatic Center Hours

~Season~

June 1 – August 7

12:00pm-6:00pm

~Holiday~

July 4

12:00pm-5:00pm

~Post Season Hours~

August 8 – 9 12:00pm – 5:00pm

Saturday & Sunday

August 15 – 16 12:00pm – 5:00pm

Saturday & Sunday