



The number one goal of our program is to teach your child to *really* swim - increasing their chance of surviving in the event of a water emergency. Our second goal is to teach them to swim *well*-- we will emphasize correct competitive swimming techniques from the start. Streamline, body-roll, and bi-lateral breathing are just a few of the skills taught at **SwimAmerica**.

We hope that the following information will answer some of your questions about our program.

What can I expect on my child's first day of class? On the first day of each session, we make a thorough assessment of each child's skills so that they are placed in the appropriate "station." Our coaches will spend some time getting to know their swimmers with a few "dry-land" activities before getting in the pool. You can expect your child to spend a lot of time learning proper breathing techniques both on-land and in the water the first few days of class. *Good breathing is the KEY to good swimming.* A child who has not learned how to breathe properly tires more quickly in the water. We will spend a lot of time working on bobs and other breathing exercises at all of our SwimAmerica stations.

What is the **SwimAmerica 10-Station Method?** **SwimAmerica** lessons are a series of ten stations of skill development and stroke progression. Once a child masters the skills and "advancement goals" of each level, they "move-up" to the next station and begin working on more advanced skills. This way, each student progresses at their own rate - which we believe is the best way to keep kids motivated to succeed. The Program Director does on-going evaluations of each swimmer during a session and advances students as soon as they are ready for the next challenge. Please refer to the attached "Advancement Goals Chart" which will help you keep track of your child's progress.

What is the **SwimAmerica Certificate?** Each student enrolled in our program receives a **SwimAmerica** Award Certificate on the first day of lessons. When a student masters the skills of one station and advances to

the next, they receive a gold “graduation” sticker to place on their certificate. We make a big deal about advancement - the child will receive a tattoo or other small prize as well as a sticker to place on their certificate. At the end of each session, students take their certificate home to display on the family fridge or bulletin board and bring it back to the pool when their next session begins so that we can keep track of their progress!

What can I expect my child to learn during the course of a session? This varies greatly depending on each child’s age, athleticism and natural comfort level in the water. It may take more than one session for a very young child to progress beyond Station 1. We will *NOT* advance a child before they have mastered the skills of their first station. Remember, proper breathing is the key to successful swimming! On average, it takes a preschooler 20 or more lessons to advance to station 3. On the other hand, some preschoolers will advance more than one station in one session - it all depends on the individual child!

What is my role as a parent? Make sure your child comes to class ready to learn, with a snug-fitting, comfortable bathing suit, towel, etc. Talk with your child about the advancement goals at their particular station and encourage them to do their very best. Don’t push, but praise them for their efforts. *Please remain in the bleachers above the pool or out in the lobby during your child’s lessons.* They are in good hands. Parents on deck can distract both coaches and students from the job of learning to swim. Your help with this is appreciated.

What if my child cries during class? Many preschoolers have trouble adjusting to any new situation. We will be as patient as we need to be. Let us handle it. Your child will eventually adjust and we will help them by gently pushing them along the way.

Who do I contact to discuss questions about my child or the program? Our program director, Margaret Akers, is more than happy to discuss any question or concern with you. Please email Margaret at swimamerica@swimnac.com or call her at 615-516-7711 to set up a time to talk outside of lesson time. Our program director and coaches must stay focused on teaching during lessons, but she will be happy to set up a meeting with you at your convenience.