

2024

Swimming Lessons Program



Kim Clemens:

Swimming Instructor

Fayette Aquatic Center

Mission Statement: The mission of this program is to teach a child or adult how to swim, to educate the participant on water safety, to be able to swim to safety if physically able, and to survive within the water and be aware of their surroundings.

Vision Statement: The vision of the program is to educate and inspire people to learn how to swim, to respect the water environment and to be safe in the water.

FAYETTE AQUATIC CENTER IS A “FAMILY” ORIENTED FACILITY. OUR RULES ARE INTENDED TO PROVIDE BOTH A SAFE AND HEALTHY ENVIRONMENT. WE HAVE THE RIGHT TO REFUSE ADMISSION OR REMOVE ANY INDIVIDUAL WHO VIOLATES ANY RULE.

Rules and Regulations of Fayette Aquatic Center:

- ALL CHILDREN 12 YEARS AND YOUNGER MUST BE ACCOMPANIED BY AN ADULT
- PROPER SWIM ATTIRE IS REQUIRED
- CHILDREN WHO ARE NOT POTTY-TRAINED MUST WEAR SWIM DIAPERS
- ALL DIAPERS MUST BE CHANGED IN RESTROOM AREA ONLY
- NO OUTSIDE FOOD OR DRINKS
- NO GLASS BOTTLES OR CONTAINERS
- NO ALCOHOL OR ANY TOBACCO PRODUCTS ALLOWED AT GUTHRIE SMITH PARK
- NO PROFANITY OR IMPROPER BEHAVIOR
- NO RUNNING, PUSHING, DUNKING OR EXCESSIVE SPLASHING
- DIVING ALLOWED IN DESIGNATED AREA ONLY
- NO ANIMALS ALLOWED IN THE WATER PARK
- ONLY 1 PERSON AT A TIME ON THE SLIDES
- NO SWIMMING AROUND THE SLIDE EXITS
- EMPLOYEES ONLY ALLOWED INSIDE CONCESSION STAND
- NO LOITERING IN PARKING LOT
- THE CITY OF FAYETTE WILL NOT BE HELD RESPONSIBLE FOR LOST OR STOLEN PROPERTY
- **NO FACE MASKS; GOGGLES THAT COVER THE EYES ONLY**

Program Descriptions:

Youth Swim Lessons: A multi-level progressive program for school-age children, 4-12 years of age. This program starts with creating a solid foundation of aquatic skills for future development of swimming and water safety skills. The participant must successfully pass each level that the instructor has taught in order to move on to the next level. This is done on a weekly basis with a test on the last class day. (Beginner and Intermediate)

- Level 1: Water Exploration
- Level 2: Basic Water Skills (Shallow Water)
- Level 3: Swim Readiness (Deeper Water)

Cancellation of Classes: There are a few reasons why the Fayette Aquatic Center or instructor may cancel classes:

- Insufficient Enrollment: Minimum enrollment levels must be met for courses to be held. If the Aquatic Center cancels a course due to low enrollment or loss of instructor, registered participants will be notified and offered the options of transferring to another class or receiving a full refund.
- Severe Weather: The Aquatic Center outdoor pool area will be closed each time lightning is detected within an eight-mile radius of the facility and will remain closed until 30 minutes after the last lightning strike was detected. While we cannot predict the weather, we will cancel classes in advance if possible. If severe weather occurs during class and at least half the class time has been conducted, then it will count as a single class.

- Facility Hazard: This includes but is not limited to sub-standard water quality, loss of electrical power, or other facility concern preventing the regular operation of programs.

Missed Classes: Participants who miss a scheduled class are not permitted to attend other classes to make-up for the missed class.

Parent Presence: A parent or guardian is not required to be at swimming lessons with their child. If they choose to stay, they must remain in the pavilion area next to the concession stand until class time is over.

Facility Access: The facility will only be open to swimming lessons in the mornings from 8:00 A.M. to 9:55 A.M. on scheduled class days.

A class will be five consecutive days, at the times listed below. Classes will be offered the following weeks:

June 10 - 14

July 8 - 12

July 15 - 19

Class times will be:

8:00 – 8:35 a.m.

8:40 – 9:15 a.m.

9:20 – 9:55 a.m.

The fee for a class is \$40.

Fayette Aquatic Center
Swimming Lessons Report Card

Level One

- Enter water independently
- Exit water independently
- Jump into shallow water (Assisted)
- Fully submerge face in water
- Blow Bubbles
- Front float (Assisted)
- Back float (Assisted)
- Front glide w/ buoyant aid
- Back glide w/ buoyant aid
- Safe movement in shallow water w/ buoyant aid
- Reach for pool side w/ two hands
- Pool rules

Comments:

Level Two

- Jump in shallow water unassisted
- Hold breath under water (3 seconds)
- Submerge and exhale three times
- Float on front unassisted 3 seconds
- Float on back unassisted 3 seconds
- Roll laterally front to back w/ buoyant aid
- Roll laterally back to front w/ buoyant aid
- Front glide
- Back glide
- Flutter kick on back and/or front w/ buoyant aid
- Swim on front two yards
- Swim on back two yards
- Retrieve object underwater waist deep
- Pool rules

Comments:

Level Three

- Jump in deep water
- Jump in and swim to side
- Sideways entry
- Submerge and exhale five times in deep water
- Retrieve an object underwater chest deep
- Introduce treading water (5 sec.)
- Back float; roll to front; swim 2 yds (shallow)
- Front float (deep water)
- Back float (deep water)
- Front swim 10 yards, taking at least two breaths
- Back swim five yards
- Lifesaving (reaching on deck)
- Pool rules

Comments:
