



## Swim Lessons: Parent FAQs

### **ADDITIONAL INFO/ QUESTIONS:**

Please contact Recreation Supervisor  
Kayla Cook  
Email: [kccok@hfparks.com](mailto:kccok@hfparks.com)  
Call: (708)957-0300 x 1104  
Or

Swim Lesson Coordinator  
Email: [lionsswimlessons@hfparks.com](mailto:lionsswimlessons@hfparks.com)

### **INSTRUCTION RATIOS:**

We try our best to keep student to instructor ratios 4:1. There are times that we may need to adjust to meet the needs of the entire session.

### **CHOOSING THE BEST LESSON**

If you have questions on what program your child should be in, please contact the Lesson Coordinator. Let's work together to make the best decision for your child and schedule.

### **WHEN SHOULD I PREPARE TO SIGN UP (AGAIN)?**

We recommend signing up as early as possible. Sessions fill quickly and are on a first come first serve basis.

- Interested participants should check the Homewood-Flossmoor Park District website or social media accounts for the next date of registration. Swim lessons take place at the H-F Racquet and Fitness Center during the fall, winter and spring.

### **IN THE EVENT OF AN AQUATIC EMERGENCY**

Two loud, long whistle blasts activate our Aquatic Emergency Action Plan. Instructors will get all the lesson participants out of the water quickly and take them into the concession

stand seating area. From there, children will be dismissed to parents and/or guardians.

### **SCHEDULE:**

Day 1 → Testing & 1<sup>st</sup> Lesson  
Day 2-7 → Swim Lessons  
Day 8 → Last Lesson, Report Cards passed out, & Parents are welcome on the pool deck to take pictures.

\*In the event we cannot hold lessons in the water, "accidents" do happen, we will conduct a 'safety day'. The lesson will still be considered as taught. In the event of inclement weather, lessons will be rescheduled as follows:

**Weekday AM** – Fridays during your normal time

**Weekday PM** – Friday evenings during your normal time

**Weekends** – The weekend following the end of your session during your normal time

### **AS A PARENT, WHAT CAN I EXPECT?**

- Expect your child to learn how to swim in a fun, safe and positive environment  
- Parents will receive Personal Report Cards at the conclusion of their session. This highlights what your child CAN do, and what skills need improvement.

### **LOCKER ROOMS**

We ask swimmers to come prepared to swim. The locker rooms are available for families needing to change afterwards. Children over the age of 5 are not permitted into the opposite gender locker rooms

### **WEATHER/CANCELATIONS**

Lessons take place at an outdoor pool; the weather will not always be ideal! If you are unsure if lessons are being held, please check out the RainOut Line. Updates will be given around 30 minutes before your lesson. This platform has multiple ways to fit your communication style.

- Call 708-797-6111 ext. 4
- Visit our page <https://rainoutline.com/home/extension/7087976111/4>
- Register for text/email updates
- Download the RainOut Line app

### **WHAT DO PARENTS / GUARDIANS DO DURING LESSONS**

HF Lions Club Pool mandates that parents and/or guardians MUST remain in the facility during your child's scheduled lesson.

If participating in Group Lessons the parent(s) or guardian(s) are to wait in the concession area or back deck. Our goal of swim lessons is to not only concentrate on swimming, but also learn independence.

If participating in Parent/Tot Lessons, one parent/guardian will accompany the swimmer in the water for all lessons.

### **WHAT TO WEAR / BRING?**

Proper Swim Attire: Swimsuits should fit appropriately for the swimmer to move comfortably. For religious reasons, leggings and long sleeved athletic shirts are allowed. Underwear, cotton t-shirts, basketball shorts, and bras are prohibited.

Towel: All Swimmers are to bring their own towel(s).

Goggles: Chlorine is a common eye irritant. Goggles are not required for every activity; however, are recommended for certain activities. If wearing goggles, please buy the ones without the nose piece. This helps the swimmer with breathing techniques as they advance.

Swim Diaper\*: Swimmers not yet or in the process of being potty trained are required to wear a swim diaper during lessons. Please change your child in the locker rooms, never on the pool deck.

## Aquatics Policies and Procedures

Thank you for registering your child for swim lessons at Lions Club Pool! In order to make your child's experience as safe and enjoyable as possible, we have designed the following list of guidelines:

### Personal Health and Safety

- Guardians must stay in the facility while their child is in the swim lesson.
- Only staff and participants are allowed on the main pool deck during lessons. (8<sup>th</sup> session will be picture day where parents and guardians will be allowed on the main pool deck).
- For children not yet potty trained, swim diapers must be worn on the pool deck and in the pool.
- Come ready to swim. This will save time for you and prevent loss of class time.
- Shower before and after each class at home. This prevents excess oils in our pool.
- Apply sunscreen at least 15 minutes before sun exposure and getting into the pool. This allows the sunscreen to soak into their skin.

### Pool Rules

- The lifeguard/instructor is the authority in the pool and on the pool deck to maintain a safe environment for all.
- No running, horseplay or foul language.
- Participants must sit on the edge of the pool and wait until instructed to enter the pool. This will be taught and enforced starting at the preschool levels.
- All pool rules posted must be followed.
- All participants must exit the water concluding their lesson.

### Swim Lessons

- Be on time & come ready to swim. Plan to have your child arrive and ready 5 minutes before class. Students and parents are to check-in daily on the program roster near the Guard Office prior to their lessons. The swim instructor will do an additional roster check before class begins.
- After each lesson, parents/guardians can pick their child up from their designated area.
- Swim lessons will not take place if there is severe weather present. If you are unsure if lessons are being held, please check our RainOut Line for the most up to date information by calling 708-797-6111 ext. 4, or check our page <https://rainoutline.com/home/extension/7087976111/4> or scan the QR code below.
- Instructors will not bring your child to the restroom. Depending on their age, they will either let them go get you if they know where you are at in the facility, let them go on their own or the Coordinator will call you over.
- Swimmers are to bring their own towel.
- Lions Club Pool is not responsible for personal items. Please leave all non-swimming personal items at home. Do not touch or share each other's personal items and/or equipment.
- The first day is a built in testing day to help us place your child in a level that meets their needs.
- There are no make-up classes for personal absence or tardiness.
- Progression to the next swim level is based on how effectively the child meets the skill requirements throughout the course and at the discretion of the swim instructors and Swim Coordinator. Your child is evaluated every class. For this reason, attendance of all classes is highly recommended.

**Contact Information:** Recreation Supervisor – Kayla Cook

[kcook@hfparks.com](mailto:kcook@hfparks.com)

708-957-0300 x 1104



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