



CARDINAL HILL



GROUP SWIM LESSONS - 2018

Frequently Asked Questions for Parents

Thank you for your interest in the Cardinal Hill Group Lesson Program. Below are some frequently asked questions. If you have additional questions, please contact Kristen Lewis at kristennlewis@yahoo.com

What are my options for group lessons throughout the summer?

- **Session 1:** June 19 - June 29
- **Session 2:** July 2 - July 13 (no lessons on July 4)
- **Session 3:** July 16 - July 26

Can we register for more than one session?

Yes. Your swimmer will make more progress with multiple sessions.

- Registration will **open** for all sessions on **June 1**.
- Registration will **close for Session 1** on **June 15**.
- Registration will **close for Session 2** on **June 29**.
- Registration will **close for Session 3** on **July 13**.

How do I know what level of instruction is appropriate for my swimmer?

Please use the Level of Instruction guide on the Swim Lesson webpage and accompanying handout to determine the level in which you would like to enroll your child when you register your swimmer. On the first day of each session, an instructor will evaluate your child and assign them to a swim level. This may or may not be the level you chose during the registration process.

Where can I go between the end of the evaluation and the beginning of my swimmer's first lesson?

On the first day of each session, if there is a gap in time between your swimmer's evaluation and the lesson start time, you may take your swimmer to the intermediate pool, which will be staffed and open for your swimmer's use. The grassy snack bar area and the cabana are also open to the swimmers before their lessons begin.

When should we arrive for our lesson?

Apply that sun block, pull all of that hair back, and put on those goggles so that your swimmers are ready to enter the pool at 10:25 AM! Lessons will begin promptly at 10:30 AM.



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How do I know if my child is meeting the expectations of his/her swim level?

Your child's instructor will complete a Daily Progress Report at the conclusion of each daily lesson. The Progress Reports will be kept in a binder, which you can access at the Front Desk.

Can I speak with my child's instructor?

Yes, but it is preferred that questions be asked after lessons and not before, as instructors will have a daily pre-lesson meeting that they must attend. Please wait until the lesson is over and the swimmers are no longer the responsibility of the instructor. Every instructor also has post-lesson responsibilities until 11:15 AM. Some instructors may also be lifeguarding after the lesson concludes. If this is the case, please hold your questions until they are on break. You may also direct your questions to our Lead Instructor (and Pool Manager), Erika Danish.

Where should I sit/stand when my child is taking their lesson?

The instructors appreciate that parents are eager to see their child learn to swim, and they also understand that many new, young swimmers do not want to be far from their parents while taking lessons with a strange person. However, please consider the following:

- 1) Swimmers – especially the newest and youngest swimmers – progress more quickly when they are not distracted by nearby parents.
- 2) Once a child becomes accustomed to a parent sitting nearby, they tend to react negatively when the parent decides it is time to watch from a distance.

That being said, for swimmers in Levels 1 and 2 who are anxious about starting their lessons, parents are welcome to sit in the chairs alongside the intermediate pool fence. Please reassure your swimmer that they will be safe with their instructor. Please also explain that parents cannot interfere with the lesson. Ideally, after a few lessons, the swimmers will be more comfortable with parents watching from a distance.

Parents of swimmers in Level 3 and 4 are expected to remain in the cabana area and allow the instructors to have the full attention of their swimmers.

How do I know if my child is ready to move up to the next level?

Your child's Daily Progress Report will list the skills required to pass their current level of instruction. Once a swimmer exceeds expectations for all of those skills, they are ready to move on to the next level.

Will there be a Mini-Meet?

Yes, there will be a Mini-Meet on Friday, July 27, beginning at 10 AM. All swimmers who participated in any of the three sessions are welcome to participate in the meet.