

# DIVER DAN'S

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[www.diverdans.com](http://www.diverdans.com)

# SWIM LESSON INFORMATION PACKET

## *Type of Lesson*

Private Lessons

Semi-Private Lessons

Group Lessons

Nemo Class (Private)

Water Babies Class

Other \_\_\_\_\_

## *Scheduled Dates of Classes*

#	Date	Time
1		
2		
3		
4		
5		
*		

#	Date	Time
6		
7		
8		
9		
10		
*		

\* Two make-up lessons are allowed with less than 7-day notice

## *Referral Lessons (FREE!)*

#	Date	Time

#	Date	Time

# Thank you for taking Swim Lessons at *Diver Dan's*

Welcome! We know that you will have fun in class, and that you will learn to swim safely. Our main hope is that you learn to love the water as much as we do! Prior to the first class session there are a few things you need to know. This handout is designed to answer some questions you may have and help you get a head start and make your experience a great one. While reviewing the information provided, if you have any questions or concerns do not hesitate to contact the store.

## Swim Lesson Hours

Monday – Thursday: 10:30am to 6pm

Friday: 10:30am to 5pm

Saturday & Sunday: No Swim Lessons

Note: Water Babies: Tuesday & Thursday mornings: 10:00-10:30am

## Flexible Scheduling

Our flexible Scheduling allows you to start lessons at any time. You may register for lessons everyday, or come in once a week. The choice is up to you! Once or twice a week is recommended.

## Changes, Cancellations & Refunds

### Changes

- Changes in the schedule must be done at least 7 days in advance.
- Changes less than 7 days will be treated as cancellations.

### Cancellations & Make-Up Lessons

For each full set of lessons (10 lessons)

- 2 lessons are allowed to be re-scheduled (Make-Up) with less than 7 days notice. Any cancellation less than 24 hours will result in forfeiture of tuition.
- The remaining 8 lessons must be re-scheduled with more than 7 days notice. Any cancellation less than 7 days will result in forfeiture of tuition.

### Refunds

- A 100% refund is allowed only when cancelling a full set a classes at least 7 days before the start of the first scheduled lesson.
- Less than 7 days before the start of the first scheduled lesson, only 50% of the tuition will be refunded.
- Once lessons have been started, no refunds are allowed.

## Refer-A-Friend Program

You will earn one free lesson when a friend enrolls in swim classes with Diver Dan's. Please remind your friends to put your name in the referral section of the registration form.

# Pool Procedures

Thank you for taking your Swim Lessons *with Diver Dan's*. We are proud to offer you an indoor heated pool! As with all pools, there some rules and procedures we require you to follow.

## Entering/Exiting the Pool Room

During your pool sessions, no one is allowed in the pool room without Instructor supervision. Please enter and exit from the outside pool door to the pool area. Do not walk through the sales floor area with your personal equipment. If you do, we will require proof of purchase of all equipment.

## The Changing Rooms

Please only use the Changing Rooms in the pool room. These rooms are designed to allow wet people, wet bathing suits, and wet towels. **IF YOU ARE WET, DO NOT USE THE CHANGING ROOMS IN THE SCUBA RENTAL DEPARTMENT!** These rooms are carpeted and are not designed for any wet items.

## Stay In the Pool Room

Once you are dressed in your bathing suit, or are wet, do not enter the sales floor or rental area. If you need to use the restrooms, dry yourself with a towel, then enter the rental area to the restrooms.

## Rinse Station Procedures (Showers)

There is a rinse station in the pool area to use to rinse off before and after your lesson. These rinse stations are for rinsing only - **not for showering**. Please help us conserve water and limit the use to four minutes or less. Do not linger in the rinse station to warm up. Your child will warm up much more quickly if they dry off and put on clothing.

**Special Note:** *Diver Dan's* primary business is a Scuba Retail Dive Store. In order to fill Scuba tanks *Diver Dan's* runs two compressions (which are water cooled) once a day to fill a cascade system. **During this time the Rinse Stations (Showers) will be turned off and will NOT be available for use.** This procedure only takes approximately one hour per day; and we try and schedule this during "slow" pool usage time. We apologize in advance if you have a lesson, then are unable to rinse off after.

## Observation

Our pool deck allows for parents to observe their children while receiving a lesson. We request that you do not bring any children to observe who cannot remain seated and well-behaved during the 30-minute lesson. All parents and spectators must observe from the pool deck and remain seated. Do not walk or stand around the pool area. Children are not allowed in the retail area of the store unless accompanied by an adult.

## Bathrooms

There are two public bathrooms in the Scuba Rental Department area next to the pool. Once you are dressed in your bathing suit, or are wet, do not enter the sales floor or rental area. If you need to use the restrooms, dry yourself with a towel, then enter the rental area to the restrooms.

If you have a small child we ask that you go into the restroom with them. We understand that accidents happen, and your child may make a mess in the restroom. If this happens, we politely ask: **CLEAN IT UP.** We do **NOT** like to go in and see toilet paper, paper towels, urine, or poop on the floor.

# *Swim Lesson Curriculum*

## Levels of Training

### **Level 1 – Basic Water Safety Skills**

Our primary goal is to provide students with a foundation of basic water safety that is designed to increase their skills, comfort, and confidence in the water. We focus on objectives that promote “Water Safety First!” At the first level students learn to:

1. Safely enter/exit water using steps and edge of pool
2. “Monkey walks” along pool edge
3. Blow bubbles / Face in water
4. Float on back
5. Beginning Tread Water
6. Elementary Backstroke
7. Beginning Flutter Kick on front and back
8. Hold breath while in the water (Front Float)
9. Streamline exercise with bubbles and holding instructor
10. “Swim to wall first” skill / Confidently jumps into pool and returns to wall

### **Level 2 – Beginning Swimmer**

At Level 2, our primary goal is to continue to develop and strengthen the foundation of water skills that the students learned in Level 1. These skills are designed to increase their safety, comfort, and confidence in the water. We continue our focus on skill development that promotes “Water Safety First!” At the second level students learn to:

1. Back Float (60 Seconds)
2. Tread Water (20 Seconds)
3. Streamline exercise with full face in water and without instructor assistance
4. Elementary Backstroke for one width of pool (30 feet)
5. Flutter Kick using kick board to a distance of 15 feet and with streamlined arms
6. Breaststroke Kick using kick board to a distance of 15 feet
7. Beginning Freestyle
8. Back-to-Front and Front-to-Back Roll-overs
9. Safety skills / Comfortable swimming in deep end of pool
10. Water Games

### **Level 3 – Intermediate Swimmer**

At Level 3, our primary goal is to continue the development of the student’s water skills which are designed to increase their safety, comfort and confidence in the water. We focus on skill development that promotes “Water Safety First!” At the third level students learn:

1. Tread Water (1 min)
2. Deep water jump & return to side
3. Flutter Kick using kick board for one width of the pool (30 Feet)
4. Breaststroke Kick using kick board for one width of the pool (30 Feet)
5. Freestyle / Beginning Side Breathing
6. Beginning Breaststroke—arms and legs
7. Beginning Backstroke—arms and legs
8. Beginning Sidestroke—arms and legs
9. Jump in water fully clothed with sweat pants, sweatshirt (or light jacket), and swim to the side of the pool. This is a water safety skill and builds confidence that if the student should fall into the pool they can comfortably get to the side of the pool with their clothes on.
10. Water Games

## **Level 4 – Swimmer**

At Level 4, our primary goal is to continue the development of the student's water skills which are designed to increase their safety, comfort and confidence in the water. We focus on skill development that promotes "Water Safety First!" At the fourth level students learn:

1. Tread Water (5 minutes)
2. Beginning Pool Edge Diving skills
3. Beginning Surface Dive Skills
4. Flutter Kick with side breathing using kick board for two lengths of the pool (80 Feet)
5. Freestyle with full side breathing 2 laps (80 feet)
6. Breaststroke combining arms, legs, and breathing 2 laps (80 feet)
7. Backstroke 2 laps (80 feet)
8. Sidestroke 2 laps (80 feet)
9. Long distance non-stop using all strokes – 5 laps (200 feet)
10. Water Games

## **Level 5 – Advanced Swimmer**

At Level 5, our primary goal is to continue the development of the student's water skills which are designed to increase their safety, comfort and confidence in the water. We focus on skill development that promotes "Water Safety First!" At the fifth level students learn:

1. Tread Water (10 minutes)
2. Pool Edge Diving skills
3. Surface Dive Skills
4. Underwater Swim 1 lap (40 feet)
5. Introduction to Butterfly w/dolphin kick 2 laps (80 feet)
6. Competitive Freestyle with flip turns 5 laps (200 Feet)
7. Breaststroke 5 laps (200 feet)
8. Backstroke 5 laps (200 feet)
9. Sidestroke 5 laps (200 feet)
10. Long distance non-stop using all strokes 10 laps (400 feet)

## **Training Record Files**

All students have a training record file to track their progress and highlight the skills your child has learned as they progress through our swimming programs. A copy of this training record file may be obtained at anytime.

## **Kids Snorkeling Lessons (5 years old to 8 years old)**

Our 30 minute snorkeling lesson introduces kids on how to use a Mask, Snorkel, Fins, and a Snorkeling Vest.

Snorkeling Skills include:

- How to use a Mask (Proper Placement, Preparing and Clearing)
- How to use a Snorkel (Proper Placement and How to Clear a Snorkel)
- How to use of Fins (Proper Kicking)
- How to use a Snorkeling Vest (Proper Inflation/Deflation)

To enroll in this class, each child must have basic swim skills and be comfortable in the water. Each child has to own their own Mask, Snorkel and Fins. If they don't own their own snorkeling equipment, rentals are available.

# **Diver Dan's Swim School**

## **Frequently Asked Questions**

### **How quickly will my child learn how to swim?**

No two children are alike. Each child progresses at a different pace, has a different personality and is at a different stage of development and coordination. Some will be swimming in their first few lessons, some 5, 6 or 7 lessons and others that have a fear of water may take more. Whatever the case, we teach each student with a gentle and encouraging approach and recognize the fact that each child is unique.

### **How many lessons will it take my child to swim?**

It depends on what you might consider swimming. Some consider just making it to the side of the pool learning to swim. At Diver Dan's, water safety is our first priority. Our immediate goal is that every child can consistently jump in and return to the wall unassisted. The learning curve for young children fluctuates.

Twenty to thirty lessons typically will provide a suitable foundation with reference to breath control, treading water, swimming mobility, and safety awareness. Like dance or music, swimming is a process that must be nurtured and developed over time.

### **Why do I feel that my child is doing the same skill over and over again?**

Repetition and Practice, Practice, Practice! It seems silly and even downright boring for us as adults to work with or see our children doing the same skills over and over again; but remember practicing a skill helps reduce the fear of the unknown. Practice makes perfect and repetition makes it instinct.

### **Why did my child progress so quickly and now is not learning anything new?**

One day your child may make great improvements, but the next day may seem to have regressed. This is perfectly normal for kids. Children naturally plateau. Once they have accomplished a skill, they want to do it again and again. Why not? The child feels secure, confident, and proud of their accomplishments. Each skill is acquired and linked to a balance between large motor skill, confidence, and motivation. One should not be pushed before the other but kept in balance throughout the learning process.

### **Will my child have the same instructor for every lesson?**

We understand that having the same instructor for each lesson will help make your child more comfortable and aid learning. We will make every effort to have the same instructor for each lesson; however with our flexible scheduling program we cannot always guarantee that. We are very diligent and conscientious with our individual student evaluations and lesson planning. Please be assured that your child's instructors will know the aquatic history of your child and the proper teaching level each and every lesson.

### **If my child does not get the same Instructor every lesson, how do they know what level my child is at and what he/she is working on?**

Our Instructors maintain a student record file of lessons for each swimmer. From these training records we are able to customize a lesson plan for every student, every day. From these record files your instructor knows exactly what level your child is at and what swim skills need to be worked on.

### **Can I get a copy of my child's Student Record File?**

Absolutely! Just ask your Instructor and we will be happy to make you a copy.

### **Why does Diver Dan's start formal lessons at 3 years of age?**

Ideally, the best age to enroll a child in formal swimming lessons is right around 3 years of age. Since we teach in a non-parent participation lesson, generally children learn better when they willingly go to someone unfamiliar, can listen and follow directions, and have the large motor skill development necessary to comprehend and acquire skills to be an independent swimmer.

### **What should I do with my child who is under 3 years of age?**

We offer a "Nemo Classes" class to children 1.5 to 3 years old. This private only class is designed to have your child develop proper habits when they are age appropriate and ready to be in a structured formal lesson environment. The lessons are also only 15 minutes in length to accommodate their shorter attention spans and minimize their small bodies to exposure in the water (heat loss).

### **What if my child has a medical condition or special needs?**

If you believe that your child has any form of medical condition or special needs which might reasonably affect his or her participation in swim lessons, please advise the office staff during the registration process. A medical clearance may be required by his/her pediatrician.

### **What if my child is not feeling well?**

If your child has a cold, but is eating well and acting as normal, you may bring him or her to class. Please do not bring a child who has a fever, is not eating, or shows signs of bacterial infection.

### **Does my child need ear plugs or ear drops?**

Only if recommend by his/her pediatrician.

### **What if my child cries at lessons? Should I stop?**

Not necessarily. There are different degrees of crying. A certain amount of crying is OK from time to time and is to be expected from most beginners. If your child begins to cry or gets upset, it may be best to observe the class from a point out of sight of your child. It may be difficult at first, but they will soon adjust. The teacher will address the issue of crying and come up with a positive solution, so the child can conquer fears, anger, or stubbornness. Delaying or avoiding swimming lessons can make an imagined problem only bigger. By giving the child limited choices, the child learns, listens, and trusts the teacher being in control.

### **Do you offer make-up lessons?**

Yes. Each student enrolled in a set of ten lessons is permitted to change, cancel or transfer two (2) of your ten scheduled swimming lessons without a penalty. Make-up lessons must be completed within 6 months of date on registration form.

### **How do I change or cancel a lesson?**

Please call the store or come in person to cancel or change a lesson. A 7 day notice is required for individual lesson cancellations or individual lesson changes. Any lesson that is not cancelled or changed with a 7-day notice, or a no call, no show lesson will forfeit a make-up lesson. Sorry, No Exceptions.

### **Can I change my child's lessons to a different day and/or time?**

To change or cancel your swimming lessons or make changes to days and/or times on your swimming lessons, a 7 day cancellation notice is required. If less than a 7 day notice, only 50% tuition will be refunded. Once lessons have been started, no refunds can be made.

## What temperature is your pool kept at?

Our pool heater is set to 89 degrees year round. During summer time the temperature may rise over 90 degrees (due to our solar heater), and may drop below 85 in winter months (due to the influence of outside air temperature).

## What should I bring to swim class?

All you need to bring is a swimsuit, towel and goggles. Most students come ready to go with their swimsuits under their clothes. We recommend that you arrive 5-10 minutes early on the first day. This allows for the swimmer to adjust to the new surroundings. Please wait at the deck area until the instructor calls your name.

Your child needs to have his or her own pair of goggles so we don't spend valuable teaching time trying to find the right size goggle and adjusting them each time your child swims. Be sure to write your child's name on their personal goggles with a permanent marker. If your child has long hair we ask that you tie it back in a ponytail or have your child wear a swim cap, so that it does not interfere with your child's swimming. For your convenience, we have both goggles and caps available for sale in our store.

Your child will also need an appropriate swimsuit. Please no cut-offs or underwear. If your child gets cold they are welcome to wear a wetsuit. For your convenience we sell both 2mm shorty and 3mm full suits in the store. For young children who are not potty-trained we require use of a swim diaper.

## Do you allow floatation aids, i.e. "water wings" or floating swim suits?

Floatation aids are not allowed for two main reasons. First, they hinder learning as your child learns to depend on them instead of learning proper swimming skills. Second, improperly fitting aids can actually be dangerous as they can slip off of your child leaving them unable to maintain buoyancy.

## Are there showers for my child to use?

*Diver Dan's* has a rinse station in the pool area to use to rinse off before and after your lesson. These rinse stations are for rinsing only - **not for showering**. Please help us conserve water and limit the use to four minutes or less. Do not linger in the rinse station to warm up. Your child will warm up much more quickly if they dry off and put on clothing.

## Are your instructors trained in CPR and First Aid?

Our instructors are certified in CPR and First Aid for adults and children through Emergency First Response (EFR), an internationally recognized training organization. Our instructors are also trained in the use of Oxygen First Aid for Aquatic Emergencies through Diver Alert Network (D.A.N.), an internationally recognized nonprofit based at Duke University Medical Center.

## What causes fear of the water?

Some of the more common causes of early fear of the water have to do with the way parents relate to their children in and around water. These causes include:

- Being forced into water activities before being properly prepared.
- Being reared by parents who are afraid of the water and have either knowingly or unknowingly communicated this fear to their children.
- Being reared in an environment that prohibited childhood water play, whether as a result of lack of opportunity or parental actions.
- Being involved in or witnessing a traumatic water accident.

Fear of the water is acquired over time. The older a child is when first beginning a learn-to-swim program, the more challenging his or her fear will likely be to overcome. Remember, learning to swim is a life-saving skill – the best day to start lessons, is TODAY!