

HANOVER PARK PARK DISTRICT  
Learn To Swim Program  
Parent Manual - Summer 2011



SEAFARI SPRINGS AQUATIC CENTER  
1700 Greenbrook Blvd  
Hanover Park, IL 60133  
(630) 830-0300



# WELCOME!

The Hanover Park Park District's Learn To Swim Program offers swimming instruction for people of all ages and abilities. Swim lessons are available several sessions throughout the summer. Rain dates are reserved for make-up classes due to inclement weather. The Learn To Swim Parent Manual is available at registration, the first day of lessons and on the Park District website at [www.hpparks.org](http://www.hpparks.org). Participants 5 years and up will be tested the first day of class and placed in the SEAHORSE through DOLPHINS levels. Parents and other spectators are permitted to wait on the deck area under the Funbrellas or the Oasis concession area. Advance registration is recommended to ensure choice of class times for the entire summer. Registration will not be accepted after the registration deadline to ensure low ratios, quality lessons and instructor availability. The Park District reserves the right to combine class levels if deemed appropriate.

## *Morning & Evening Lessons*

Session	Date	Registration Deadline
1	June 13 - 24	June 10
2	June 27 - July 8 (no class 7/4)	June 24
3	July 11 - 22	July 8
4	July 25 - August 5	July 22

## *Saturday Lessons*

Session	Date	Registration Deadline
1	June 11 - 25	June 8
2	July 9 - 23	July 6

MORNING lessons meet Monday thru Thursday with make-up days on each Friday if needed. Last Friday of each session is Family Day from 9-10 am.

EVENING lessons meet Monday, Tuesday and Thursday of both weeks with make-up days on Fridays if needed.

SATURDAY lessons will meet for 1 hour for 3 Saturdays. Parent/Tot classes will meet for 1/2 hour for 3 Saturdays.

## *Private Swim Lessons (Adult & Child)*

Half-hour lessons are available at Seafari Springs from the instructors during their non-scheduled times. Instructors can be assigned or the participant can select a favorite instructor. Lessons are generally available at any time. For additional information or to set up a lesson, please contact the Swim Lesson Coordinator at (630) 837-2468 x200 or the Park District main office at (630) 837-2468.

## Swim Lesson Levels

### ANGELFISH/GOLDFISH\*

\*Children are assisted by parents

Water Adjustment  
Water Entry/Exit  
Front/Back Kick  
Bubble Blowing  
Face in Water  
Front/Back Float Supported  
Safety Skills

### LEVEL 1: STARFISH

Water Adjustment  
Water Entry/Exit  
Front/Back Kick  
Bubble Blowing  
Fully Submerge Face for 3 seconds  
Front/Back Float Supported w/Kicks  
Alligators  
Monster Arms  
Ten Bounces Chest Deep  
Safety Skills

### LEVEL 2: SEAHORSES

Front/Back Float  
Ten Underwater Bobs  
Combine Front/Back Crawl (concept)  
Kickboard Use  
Back/Front Glide w/Kicks  
Retrieve Object  
Safety Skills

### LEVEL 3: TURTLES

Rotary Breathing  
Kickboard Use  
Breaststroke/Frog Kick (intro)  
Elementary Backstroke  
Front/Back Crawl Ten Yds  
Breaststroke (concept)  
Intro Butterfly/Dolphin Kick  
Safety Skills

### LEVEL 4: SEALS

Jump into Deep Water  
Treading Water (intro)  
Kneeling/Standing Dives  
Front/Back Crawl 25 Yds  
Breaststroke 10 Yds  
Open Turn  
Butterfly/Dolphin Kick  
Butterfly (concept)  
Safety Skills

### LEVEL 5: FROGS

Front/Back Crawl 50 Yds  
Breaststroke 25 Yds  
Butterfly 10 Yds  
Front/Back Flip Turn  
Tread Water 1 Minute  
Feet First Surface Dive  
Safety Skills

### LEVEL 6: DOLPHINS

Refine All Strokes  
Front/Back Crawl 100 Yds (1 flip turn)  
Breaststroke Turn/Pull Out  
Breaststroke 50 Yds  
Approach Stroke  
Long Shallow Dive  
Safety Skills

## General Swim Lesson Guidelines

- Participants are asked to arrive five minutes before their lesson.
- No make-up classes will be allowed for an individual student. The only make-ups that will be held will be if the entire class was cancelled.
- All infants must wear a swim diaper, plastic pants and a bathing suit.
- All participants must wear hair pulled back if hair is long enough to cover face while swimming.
- Swim goggles are not to be worn unless participants wear contacts and/or requested by a doctor.
- Any t-shirts worn must be white.

## Safety Days

The Learn To Swim Program includes one Safety Day for each session, regardless of weather. However, if there is a day where the students can't get into the pool due to inclement weather, we will most likely have a Safety Day. On these days, students will discuss pool rules, practice life jacket safety and participate in other pool activities. If participants are able to get into the pool everyday, then safety skills will be covered by the instructor in the water. Please note that activities will vary between sessions and levels so that students remain engaged.

## *Inclement Weather Policy*

The Hanover Park Park District's swim lesson program includes out-of-water instruction and teaches safety awareness. If there are questionable air or water temperatures/conditions, classes may still be held out of the water. Classes will be cancelled only in the case of severe weather. The decision to cancel will be made before the start of each swim lesson. Because of the large number of participants and unpredictable weather, we it may not be possible to contact everyone in case of cancellation. If weather is questionable or if poor weather is present, **please call the Seafari Springs Aquatic Center at (630) 830-0300** one half-hour before your lesson for confirmation.

## *Learn To Swim Program FAQ's*

### **Is my child in the right level?**

All participants will be tested the first day of lessons to ensure they are placed in the proper level.

### **How is my child doing in class?**

If you are concerned about your child's performance, talk to the instructor. They are happy to give you feedback about your child's abilities in the class as well as what he/she may need work on. Please remember to talk to the instructor before or after lessons so as not to interrupt class.

### **My child missed a class, what should I do?**

If your child missed any instruction, the instructor will catch them up when they return. There are absolutely no make-up classes for an individual student. Make-ups on the designated days will only be given if the entire lesson was cancelled. We do ask that students come to every class but we understand when that might not always be possible.

### **I want to sign my child up for multiple sessions but I don't know what level?**

Sign him/her up for the same level as before. At the end of each session, children will receive a certificate stating which level they should take the following session. If your child advances to the next level, we will have record of it and he/she will be moved the following session.

## *Don't miss our Summer 2011 Special Events at Seafari Springs!*

Seafari Springs Open House	Sunday June 5 (Rain Date June 12)	Noon-2 pm
Report Card Day	Friday June 10	All Day
Mom's Special Day	Sunday June 12	All Day
Father's Day Special	Sunday June 19	All Day
Grandparent's Special Day	Sunday August 7	All Day

*Thank you for choosing the Hanover Park Park District.*

*Have a Great Summer!*