



# SWIM LESSON PARENT HANDBOOK

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## Welcome to Si View Pool!

Si View Pool is an American Red Cross Learn-to-Swim facility. Our trained instructors follow the ARC Learn-to-Swim curriculum for each level.

### Lesson Options

- Group lessons, ages 6 months to adults.
- Infant-toddler programs require parent participation, while preschool and youth programs do not.
- Adult lessons are available for beginners, intermediate, and advanced swimmers.
- Private lessons, ages 3 and older (sold in full-session packages).
- Developmental swim team, recommended for students who have completed Youth 6.
- All group and private lessons, as well as the swim team, follow the same registration cycles and session dates.

### Selecting a Course Level

- Select a level based on the skills outlined for each course. It's better to start with a slightly easier level than one that's too challenging.
- New students should check age requirements and pre-requisites for each level. The registration system will block you from registering for a higher level.
- Students placed in levels above their ability may be withdrawn by staff if there is no availability in lower levels.
- New to Si View or just unsure of which level to select? Schedule a free 10-minute swim assessment by emailing [poolstaff@siviewpark.org](mailto:poolstaff@siviewpark.org).

### How to Prepare for Lessons

- First-time students: visit during Public Swim to familiarize them with the pool.
- Arrive early, and wear swimwear - the parking lot and locker room can be crowded.
- Bring a towel, no towel service is provided. Don't forget a swim diaper (if needed).
- Avoid feeding your child 45 minutes before class; bring snacks for after.
- Parents are welcome to watch from the bleachers. Learn the instructor's name and class level.
- For longer discussions with the instructor, email [bverhei@siviewpark.org](mailto:bverhei@siviewpark.org) to schedule.

### Changing Rooms

Our main locker rooms are gender specific. All children ages 6 & up are required to use the locker room of their gender. Additionally, there is a separate [all-gender changing room available](#). Please refrain from changing your child on the pool deck prior to and after your lesson.

\*Students may arrive in swim gear and leave in swim gear (should you not be comfortable having your child in the locker room.)

### Staff Qualifications

All of our instructors are American Red Cross lifeguards and CPR certified. Our staff shadow 2-3 sessions before teaching their own classes. Swim levels and lesson plans are based on American Red Cross swim lesson curriculum. Further training opportunities, like WSI - Water Safety Instructor certification is also provided to instructors.





### **Residency Verification:**

To access priority registration, your account must have a physical address on file (not a P.O. Box). Update your address online or contact us.

### **Swim Lesson Registration**

Register online, by phone at (425) 831-1900, or in person at the pool or admin office. Create an online account before registering or make sure your account information is up to date, including e-mail address and phone number. If you are experiencing difficulties signing up, please make sure your child doesn't have a duplicate account.

### **Open Enrollment & Priority Registration**

Lessons fill quickly, so register early. If a class is full, join the waitlist and we'll contact you if a spot opens.

#### Open Enrollment Sessions:

- December: Register for Session A
- May: Register for Sessions E, F, and summer lessons
- August: Register for Session G

#### Priority Registration:

District residents have priority registration. Dates are based on your previous session enrollment. New students can register for available spaces after priority registration.

#### Priority Registration Sessions:

- Session B: For students enrolled in Session A
- Session C: For students enrolled in Session B
- Session D: For students enrolled in Session C
- Session H: For students enrolled in Session G
- Session I: For students enrolled in Session H

### **Private Lessons**

- You can choose up to three students to participate in one private lesson (siblings, friends, etc.) Register one person in your group for the lesson.
- E-mail Bridget Verhei - [bverhei@siviewpark.org](mailto:bverhei@siviewpark.org). Let her know who will be attending the lesson, swim ability for each, and goals for each.
- Students need to be at or near the same swim ability. Should there be too great of a difference, the lesson will be split into two, 15-minute sessions.
- Due to limited availability of private lessons, we ask that you only register for one class/per student. Should there be multiple registrations for the same student, you will be contacted and asked which one you would prefer.

### **How long will it take to learn to swim?**

On average, it takes 10 instruction hours per level, but progress varies by individual. Swimming is a motor skill requiring balance, propulsion, and breathing techniques. Repetition and practice are key for new swimmers. Swimming with your child outside lessons boosts their confidence and skills.

### **Summer Programming**

In addition to our regular month-to-month sessions, we also offer weekly sessions in the morning and afternoon during the summer. All summer programs, including both weekly and month-to-month sessions, will open for registration on a specific date before summer begins.

Please note that pre-requisites still apply. During the registration period and throughout the summer, students will be able to register for sessions based on their completed pre-requisites. If a student advances mid-summer, they can adjust future session registrations accordingly with our front desk staff.



### ***Infant-Toddler Program Guidelines***

Our Infant-Toddler classes are designed to introduce young children to the water, promote comfort, and develop foundational skills. Parent involvement is essential for success, especially in the early stages.

#### **Parent Tot - Ages 6 Months to 3 Years**

Child must be accompanied by an adult. Non-potty trained children must wear a swim diaper.

- Parent Participation: Parents are in the water with their child.
- Skills Taught: Verbal cues, arm reach & pull, kicking, bubble blowing, submersion, safe entry and exit, and climbing out.
- Focus: Building comfort with the instructor and in the water. As children become more comfortable, they will start transitioning to unassisted skills and working with the instructor.

#### **Puddle Jumpers - Ages 2½ to 3½ Years**

- Prerequisite: Parent Tot is recommended for increased water comfort. Minimum age is 2 1/2.
- Parent Participation: Please be prepared to get in the water with your child and the instructor for the first few lessons (required during their first PJ session). This will be important if your child has never been in the water, is shy, is upset, or for any reason they are unhappy. Be prepared to participate in the water in the future, as determined by your instructor and your child. Children are often fussy their first couple of lessons and this will help them feel more comfortable with the process.
- Skills Taught: Water entry and exit, bubble blowing, aquatic breathing, submersion, assisted floating and gliding, kicking, and jumping.
- Progression: Students may advance to Pre 1 at age 3 or upon instructor recommendation.

#### Puddle Jumpers Graduation Requirements

- Age Requirement: Children must be 3 years old to enter Pre 1, or be ready based on skills demonstrated, maturity level, and/or instructor recommendation.
- Skills to Pass:
  - Front float (assisted): Comfortable for 5 seconds.
  - Kicking (assisted): Kicking with chin in the water.
  - Back float (assisted): Comfortable for 5 seconds.
  - Breathing & Timing: Blowing bubbles underwater, exchanging air, and taking a breath consistently.



### **Preschool Program Guidelines**

Our Preschool program is for children 3-6 years old. Students must turn 3 before the session ends. Progression depends on age, coordination, and practice, with most completing a level in 10 hours. Children not fully potty trained must wear a swim diaper or cover.

#### **Preschool 1 (Pre 1)**

##### Skills Taught:

- Blowing bubbles, humming, submerging head
- Assisted front and back floats (5-10 seconds)
- Kicking with face in/out of the water, unassisted
- Comfortable with full submersion before advancing to Pre 2.

##### Skills to Pass:

- Entry/Exit: Independently climb in and out
- Bobs: 3 bobs in a row
- Front and back float: 5-10 seconds (minimal assistance)
- Kicking and breathing: Assisted, chin in water
- Head position: Face in water for 3 seconds

#### **Preschool 2 (Pre 2)**

##### Skills Taught:

- Unassisted front and back floats
- Gliding on front and back
- Rolling over from front to back and back to front
- Kicking without support
- Introduction to deep water.

##### Skills to Pass:

- Front and back float (5 seconds, unassisted)
- Kicking on front and back (unassisted)
- Rolling over (unassisted)
- Breathing and timing: Exchanging air when rolling
- Position: Relaxed body, chin up for back float

#### **Preschool 3 (Pre 3)**

##### Skills Taught:

- Breathing techniques (side breathing)
- Crawl stroke, backstroke, elementary backstroke
- Introduction to the butterfly stroke.

##### Skills to Pass:

- Crawl stroke with side breathing (breathe every 3 strokes)
- Backstroke (arms and kicking)
- Elementary backstroke and side breathing
- Butterfly stroke (introductory)

#### **Preschool 4 (Pre 4)**

##### Skills Taught:

- Refining crawl stroke with side breathing
- Refining backstroke and elementary backstroke
- Introduction to dolphin kick and breaststroke kick
- Pike and surface dives, standing dives, intro to treading water

##### Skills to Pass:

- Crawl stroke: Breath every 3 strokes
- Backstroke: Exchanging air and kicking
- Butterfly stroke: Refining technique
- Introduction to breaststroke and dolphin kick

#### **Preschool 5 (Pre 5)**

##### Skills Taught:

- Refining all strokes: crawl, backstroke, elementary backstroke
- Butterfly, breaststroke, intro to sidestroke and flip turns
- Treading water for 30 seconds

##### Skills to Pass:

- Advanced crawl stroke with side breathing
- Refined backstroke, elementary backstroke
- Butterfly and breaststroke
- Treading water for 30 seconds



### **Youth Program Guidelines**

Youth classes are for ages 6-12 (5 ½ may join with preschool-level mastery, or 6+ may join Pre 1 if not water confident). Progression varies by age, coordination, and practice, with most completing a level in 10 hours.

#### **Youth 1**

Introduces deep water. Students practice short distances with kicking on front and back, jumping in, and rolling over onto their back.

Skills Taught: Humming, submerging head, buoyancy, front/back glides (assisted/unassisted), intro to rolling, propulsion (kicking with/without support), deep-end jumping.

Skills to Pass: Front float, back float with recovery, unassisted front and back kicking, one rollover, bubbles, and basic body position.

#### **Youth 2**

Focus on breathing, rolling over, side breathing, crawl stroke, backstroke, and elementary backstroke. Students also learn treading water, lifejackets, surface dives, and deep-water intro.

Skills Taught: Side breathing, crawl stroke, backstroke, elementary backstroke (arms), treading water, lifejacket intro, surface dives.

Skills to Pass: Master breathing/rolling, crawl and backstroke, and elementary backstroke.

#### **Youth 3**

Refines crawl stroke, backstroke, intro to dolphin/breaststroke kick, swimming underwater, pike and surface dives, and intro to open turns.

Skills Taught: Crawl stroke with side breathing, backstroke, elementary backstroke, dolphin kick, breaststroke kick, treading water, standing dives.

Skills to Pass: Master crawl and backstroke with side breathing, and elementary backstroke.

#### **Youth 4**

Refines all strokes, introduces breaststroke, butterfly, sidestroke, and flip turns.

Skills Taught: Crawl stroke, backstroke, butterfly, breaststroke, sidestroke, introduce flip turns.

Skills to Pass: Master all strokes and tread water for 30 seconds.

#### **Youth 5**

Refines all strokes, introduces diving from the block, flip turns, and side stroke.

Skills Taught: Advanced crawl stroke, backstroke, butterfly, breaststroke, side stroke, flip turns, diving.

Skills to Pass: Master all strokes and techniques to advance to Swim Team.

#### **Youth 6**

Refines all strokes, flip turns, and introduces racing starts. Must excel in all strokes to join Swim Team.

Skills Taught: Crawl stroke, backstroke, breaststroke, butterfly, sidestroke, flip turns, racing starts.

Skills to Pass: Master all strokes and techniques for Swim Team.

#### **Swim Team**

This class is for swimmers who've completed Youth 6 and are ready for a non-competitive swim team experience. It refines all strokes—freestyle, backstroke, breaststroke, and butterfly—while focusing on technique, endurance, and racing skills. Swimmers practice flip turns, starts, and transitions to prepare for future competitive opportunities, building confidence and a strong foundation in a team setting.



### ***Adult Program Guidelines***

We offer group lessons for ages 14+ and adults with varying levels of comfort in the water. Lessons are typically scheduled when there is no other programming in the pool

#### **Beginner**

Prerequisites: None

Skills Taught: Air exchange, submerging whole head with air exchange; front and back floats; kicking on front and back; rolling over; crawl stroke; introduction to side breathing; backstroke; introduction to elementary backstroke; comfort in swimming in deep water; treading water; wearing a life jacket; safety jumps in deep water; and the dangers of hyperventilation.

#### **Intermediate**

Prerequisites: Must have passed the Adult Beginner level or demonstrate required skills through a free swim evaluation. Required skills include rollovers, crawl stroke (5 yards), backstroke (5 yards), elementary backstroke (5 yards), side breathing, treading water (30 seconds), and comfort in deep water.

Skills Taught: Crawl stroke with side breathing; refining backstroke; refining elementary backstroke; breaststroke; introduction to sidestroke; treading water; introduction to surface dives; and water safety topics including when to call 911, survival swimming, self-rescue, open water swimming, dangers of hyperventilation, and safe head-first entries.

#### **Advanced**

Prerequisites: Must have passed the Adult Intermediate level or demonstrate required skills through a free swim evaluation. Required skills include crawl stroke (one length), backstroke (one length), elementary backstroke (one length), breaststroke (5 yards), scissor kicks (5 yards), and treading water (1 minute).

Skills Taught: Stroke refinement on crawl stroke, backstroke, and breaststroke; introduction to butterfly; sidestroke; flip turns and open turns; standing dives; swimming for fitness techniques; and water safety topics including when to call 911, release of muscle cramps, survival swimming, open water swimming, dangers of hyperventilation, and safe head-first entries.



**SWIM BAG CHECKLIST**

- Swimsuit
- Towel
- Goggles\*
- Swim Diaper (if needed)

**I don't want my child to be unhappy**

Anytime a child is trying something for the first time, they are hesitant and out of their comfort zone. They will most likely be unhappy about the challenge. At times, there are tears, a typical reaction. Anxiety is to be expected with any unskilled student.

Then, with each time and each attempt at a new skill, they will gain more comfort. Experience is the primary teacher in learning a new sensory motor skill such as swimming. The solution is to solve the problem you are facing. Learning the skill of how to swim will ease the anxiety and help overcome the fear of the water.

Fear can be a learned behavior outside of the water. A history of being told it's not safe to go in the deep end, or being told to stay away from the pool will result in learned fear of the water. Instead - remind your child that they need to be invited into the water by an adult.

**What if my child doesn't like water on their face?**

The best thing you can do to prevent intolerance for water in their face is to expose your child to water over their head during bath time. This can be done with a gradual drizzle of water, starting at the back of the head and working your way to the front of the head. Remind them to wipe and blink to remove water from their eyes. Protecting your child from water over their face will make it very difficult for them to learn how to swim.

Educating your instructor if your child has had a previous bad experience in the water will help with planning. Work with the instructor/lesson supervisor and share what will work.

Waiting until a child is older to start lessons would only create more anxiety and upset around learning how to swim. Nothing will change by waiting.

**\*Goggles**

**The Benefits:** Goggles can be a game changer for getting hesitant or scared swimmers in the water. Goggles offer kids the ability to see clearly and help them overcome initial fears as they learn to float and swim. They can better focus on the lesson without discomfort and distraction that comes with getting water in their eyes.

**The Disadvantages:** While goggles can boost confidence in the early days of swimming lessons, excessive reliance on goggles can hinder a child's ability to learn and grow. They may later protest that they just can't do it without their goggles. And though we are certainly thrilled at the progress kids make while using goggles, we also want to be sure that children can develop and use skills they may need in an emergency (where they most likely do not have goggles - or if they are wearing goggles, and they suddenly fill with water). Finally, goggles can become their own distraction during lessons. If goggles are ill-fitting, uncomfortable, or a child just doesn't know how to wear and tighten them, they can spend a significant amount of the lesson paying attention to their goggles rather than on the skills.

**The Verdict:** The use of goggles in swimming lessons can be both beneficial and challenging. Our recommendation is to first try having a child start lessons without goggles. If they are confident and successful without goggles, they will never develop a dependence. Use of goggles is best begun in Preschool 2 or Youth 2.

**If your student will wear goggles, note that they must be able to take their goggles off, put on, and adjust on their own. The instructor will not take class time to assist with goggles.**



## QUESTIONS? FEEDBACK?

poolstaff@siviewpark.org  
425-414-0765

### Contact

Please add Si View Metro Parks to your contact list. We use e-mail to communicate important information about lesson booking, cancellation, and reminders. Please be sure you are receiving these messages by adding us to your e-mail contacts. If you are not receiving e-mails from us, please e-mail - poolstaff@siviewpark.org.

### Scholarships

Financial need-based scholarships are available year-round on our website. Contact us for information and to apply before registering. Applications take approximately one week for approval.

### Missed Classes or Withdrawals

We do not offer make-up classes, credits, or refunds for missed sessions. We encourage attendance for the remainder of the session. If a class is canceled due to weather or contamination, we issue a credit. For withdrawals, please refer to our refund policy on the website. We cannot transfer students between classes mid-session.

### How do we approach behavioral issues?

We expect all students and parents/caregivers to behave respectfully before, during, and after their lessons. This means treating the instructors, lesson supervisor, and front desk staff with courtesy. All of our swim lesson instructors are dedicated to help your child feel safe, learn, and having fun. Any student or parent that is discourteous to staff will be removed and asked not to return; a refund will not be issued.

### Pool Dimensions

The pool is 17 yards long, 8 yards wide, with 5 yards at 3.5 feet deep and 12 yards with varying depths from 5 to 9 feet.

### Protection Against Recreational Water Illnesses (RWIs)

- Don't swallow pool water—blow bubbles instead.
- Wait 45 minutes after eating before swimming.
- Shower before swimming and wash hands after using the toilet or changing diapers.
- Avoid class if your child has been vomiting in the last 24 hours.
- Take bathroom breaks or check diapers frequently.
- Change diapers in designated areas, not poolside.
- Wash your child thoroughly before swimming to remove fecal matter.
- Don't swim with diarrhea—germs spread easily.

### Pool Parties & Private Rentals

Host a private party at Si View Pool! Rentals include the entire pool, lifeguards, and pool toys (mats, noodles, balls, lifejackets). Add a one-hour party room rental with tables and chairs.

Private rentals and party packages are available Friday evenings and Saturday afternoons. Call 425-414-0766 for more information and booking.

Swim Test: Required for deep water access—swim the width of the pool on your front and back.