

STEPS TO KEEP YOUR SWIMMER SAFE DURING LESSONS!

Due to the COVID-19 Guidance for reopening pools, Thornton's Learn to Swim Program is taking steps to keep you and your children safe during our swim lesson programming. We have had to adjust our program to continue to meet you and child's swimming needs.

What to expect.

- All class times have been adjusted to 30-minutes (35-minutes for Levels 4-8) to allow for a smooth and safe transition between classes and to disinfect touch surfaces.
- **NEW!** Class sizes will be reduced to four child participants to maintain social distancing and to adhere to capacity requirements. Some classes have been cancelled to adhere to the spacing and capacity guidelines. It is our hope to offer our full class schedule for future sessions.
- During the current order, swim classes Parent/Tot-Level 3 (excluding Level 3, 6-years and up) will transition to a parent led swim class, where the parent for each participant will be required to assist their child in the water during their class. This also applies to Adaptive Swim Lessons.
- Classes Level 3 - 6-years old and up and Levels 4-8 will be reduced to four per class and will not require parent participation.
- Parents and families not participating in the water will not be allowed in the pool area to observe swim lessons during class time. Participants in Levels 4-8 are permitted to have one parent observe their class in the pool area.
- Spaces have been marked 6' apart on the deck at the class locations to promote distancing before, during and after class. Chairs have been placed at those spots for belongings and to assist swimmers.
- Participants in the water must practice safe distancing while in the pool from other participants.
- All instructors will wear a cloth mask when on deck as needed. Instructors, when in the water, will remove their mask but maintain distancing during the lesson.
- Swim lesson participants will be required to wear a mask when entering, exiting, or moving throughout the building. When they arrive at their class, swim participants will remove their mask when entering and in the water.
- When indoors, exterior doors may be opened wherever possible for increased air flow.

Parent led swim lessons, what is that?

Parent led swim class is a concept where the parent for each participant (Parent/tot-Level 3 3-5 year olds) will assist their child in the water. For those of you who have experienced a Parent/tot program, this will have a similar format.

Why the change?

Due to the guidelines on swimming pools related to COVID-19, it was necessary to offer support in water to children during classes in order to maintain safe distancing between families and staff.

What are the goals of a parent led swim program?

- This concept will allow children to continue to learn to swim.
- To change focus from instruction to the child, to both the adult and child.

What are the benefits?

- There will be more time spent to practice with tasks given to class- average time in traditional class is 4-6 minutes/child.
- Less down time = more practice and advancement of skills.

What if I don't know how to swim or help teach someone how to swim?

- Classes will be conducted in shallow areas for parents who can't swim or are hesitant in the water.
- Have a healthy and trusted family member get in the water with your child.
- Instructors will be on hand during each class to provide guidance and feedback for both you and your child.
- Parents will be provided with materials prior to the class to help gain an understanding of the learning progression.

