



Swimming Lessons

Summer 2009 Frequently Asked Questions

Questions	Answers
What level is my child?	<p>Following is a description of the four levels.</p> <p>Level 1 – For children fearful of the water. Instruction includes water acclimation, blowing bubbles, entry, exit, floating, supported flutter kick on front and back, alternating arm action. Adults MUST accompany the child in the water.</p> <p>Level 2 – Beginner skills for children with some pool exposure and experience. Instruction includes bobbing, submerging, prone glide unsupported, back float unsupported, flutter kick unsupported, front crawl introduction, turn front to back. Some adult help may be necessary.</p> <p>Level 3 – For children who can glide/swim and are comfortable submerging. Instruction includes retrieving objects, glide, front crawl, breathing to side, back crawl, frog kick, jumping into deep water, sit dive.</p> <p>Level 4 – For older children and adults who are experienced swimmers. Instruction includes stretching, kicking/stroking/treading drills, shallow/surface dives, rescue skills. Strokes: front/back crawl, breast, butterfly, side, elementary back, inverted breast, trudgen. Swimmer will improve stroke technique and endurance.</p>
Will my child be able to switch from one Level to another if he/she is placed in the wrong Level?	Switching from one Level to another after the class roster has been prepared, depends on the instructor's judgment and if there is room in the class for the new level.
If my child misses a class, can he/she make it up?	If a class is cancelled due to inclement weather the class will be re-scheduled. If a child misses a class due to personal reasons there are no makeup sessions.
How many children to a class?	Depending on the Level there can be between 7-8 students.
Where can we change?	Children and parents (if applicable) should come to the pool wearing their bathing suits and ready to go into the pool.



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Is there a shower facility?	There are two outdoor showers, one with hot and cold water and the second with cold water only.
Can the children use the bathroom?	Yes, there is a trailer with bathroom facilities.
Do I need to stay while the lesson is being given?	For Level 1 children it is mandatory that an adult must accompany the child into the water. For Levels, 2, 3, and 4, we advise the parents to stay in the designated area.
May I stay and watch the lesson?	Parents / Caregivers stay in the pool complex in the dining area. Seats are available both in the sun and shaded area. Note: Parents are not permitted to be on the deck of the pool while lessons are in session. However, for each session one parent will be on deck in the event a child needs assistance.
Can my child come to the pool to practice?	Only members of The West Side Tennis Club are permitted to use the pool when swimming lessons are not in session. Members are permitted to bring guests for whom they pay an admission fee.
What should my child bring with him/her?	In addition to being in a swim suit, they should have: <ul style="list-style-type: none"> • A large towel • Flip Flops and • Goggles (You can purchase these from the instructor)
Can my child have breakfast before the classes?	It is best for your child to have breakfast after classes so that there are no gastronomic incidences. With respect to any bodily function incidences, if the pool has to be closed there may be financial ramifications. Also note that food and beverages are not allowed on the deck of the pool.
How do I know if a class has been cancelled?	In the event of inclement weather (lighting and thunder) call the Front Desk (718) 268-2300 and the receptionist will be able to tell you if classes will be held. The facility is required to wait for 30 minutes after the last incidence of thunder and lightning before activities can resume. Note: The pool is heated and the pool will be open and lessons given when it rains. Only lighting and thunder will cause cancellation of classes.



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What is the ratio of students to instructors?	The ratio is four (4) to one (1).
Where can I park?	Members may park in the front parking lot on Tennis Place. Non-Members park in the back parking lot only . Press the button on the call box and the receptionist will buzz you in.
If I am walking may I come in the front gate?	If you are walking and/or have a stroller, you may access the facility by walking through the front parking lot. Since the gate is closed, please ask the receptionist at the Front Desk to unlock the gate for you.