

Online Registration
Now Available!



STARFISH - Level 1

Parent/Tot (1 year+)

Monday / Wednesday: 5:30 – 6:00pm

Tuesday / Thursday: 9:30 – 10:00am
10:00 -10:30am

SEAHORSE - Level 2

Monday / Wednesday: 4:30 – 5:00pm

5:00 – 5:30pm
6:00 – 6:30pm

GOLDFISH - Level 3

STINGRAY - Level 4

DOLPHIN/SHARK - Level 5&6

Not currently being offered

**Classes fill up and are on a first-come, first-serve basis. Sign up as early as you can!

FEES

\$120.00 For 6-pack of lessons

SPOTLIGHT / PRIVATE SWIM LESSONS – Not currently offered

Children and Adults. Participants receive individual attention in an enhanced learning environment. Two students from the same household can be scheduled for the same session. Reservations will be based on instructor availability around times suitable for programming needs to provide the best learning opportunities. Swim lesson refunds and transfers should be done five days before your scheduled lesson.

FEES: \$90 / student; \$130 / two students **SESSIONS:** Three 30-minute classes



PARENT HANDBOOK

LOS ALAMOS
where discoveries are made

Program Overview

The mission of the Walkup Swim Lessons is to promote independence and confidence for every student. Learning to swim is an essential skill that all children should eventually learn. This program is designed to be taken progressively. Each level is a stepping stone to the next level. Skipping levels may result in incomplete knowledge and skill. When a child achieves a certain level of comfort in the water, it will increase their overall self-esteem and confidence. This process is a joint effort between the instructor and the parent - both of which are crucial to the success of each student.

Contact Information

Please feel free to contact us about our swim lesson program.

Aquatic Center Front Desk

Ph: (505) 662-8170

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Program Coordinator

Dacotah Hofer

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Aquatics Manager

Denise McCoy

Email: d.mccoy@lacnm.us

Warning! Safety Information

- A certificate from one of our classes does not protect against drowning.
- Panic is the major cause of drowning - even a good swimmer can panic.
- At all times, parents should actively watch their children at the pool, even when there is a lifeguard on duty. Parents know their child's ability and can spot a problem quickly - sometimes faster than a lifeguard.
- Never assume that a child is safe in any sort of water toy, including rings, floats, noodles, and kickboards. The child may lose control of the float and find themselves too far from the side of the pool or in a dangerous way.

Q: How many lessons is it going to take for my child to swim?

A: Children vary widely when it comes to learning a skill. Each child's readiness is influenced by physical development, previous experiences, home environment, parental attitudes, and individual preferences. For most skills, these are simple prerequisites, activities, and lead-ups that can prepare the child to perform these skills.

Q: What if my child cannot keep up with the class?

A: The progress of your child is not compared with that of any other child. Because they have different experiences and backgrounds as well as different learning rates, children acquire skills at different times. The instructor can adapt and adjust the level of difficulty to the individual child. This way, your child will feel a part of the group but will practice at his or her level. If you believe your child needs to be in a different level, consult with the instructor.

Q: What can I do to help?

A: You will be taking the first step by enrolling your child in swimming lessons. You need to have your child attend class regularly, work together with the instructor, and take time for other practice and water play opportunities outside the program.

Q: How many levels should my child complete?

A: Your child should complete all of the Walkup Swim Lesson levels to develop full swimming competency. A child who has only completed some of the classes may not have acquired all of the basic skills. It may take several seasons for a child to successfully complete all levels. If he or she swims only during the summer months, skills will be diminished. Regular practice is necessary to keep skills and progress to the next level.

Q: Will my child be 'drown-proof' after participating in swim lessons?

A: Participation in any swim lesson program does not 'drown-proof' your child. It is only the first step in developing your child's water safety and swimming skills. Year-round practice, regular exposure to water, and positive encouragement are the tools needed for developing your child's comfort level in the water and improving his or her swimming competencies and abilities.

Frequently Asked Questions

Q: What causes fear of water?

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

- Being raised by parents/guardians who are afraid of the water and have communicated this fear to their children;
- Being raised in an environment that prevents childhood water play, whether as a result of lack of opportunity or parental actions;
- Being forced into water activities beyond the ability or comfort level;
- Being carelessly handled in water experiences; or
- Being involved in or witnessing a traumatic water accident.

Q: What helps prevent fear of water?

A: No matter how cautious you are, fear cannot always be prevented. You can help reduce fear in the following ways:

- Provide enjoyable non-threatening water activities that are simple and fun to build confidence and success;
- Arrange for regular, continued contact with a water environment for your child;
- Select safe water environments, and supervise all water play;
- Treat water mishaps sympathetically, but do not alarm your child;
- Be aware of your facial expressions and choice of words so that you do not signal panic or fear;
- Lead by example - follow the rules and enjoy the water together.

Q: What if my child already has a fear of the water?

A: Respect your child's feelings. Teasing or getting angry only makes matters worse. Progress slowly by following these guidelines:

- Provide plenty of time for our child to adjust to the new settings;
- Concentrate on activities where your child is comfortable and ready;
- Expose your child to other children who are having fun.
- Enjoy the water with your child.



Walkup Aquatic Center

Our facility is comprised of a therapy pool 20 feet by 40 feet and an Olympic-sized pool (50 meters by 25 yards). There are many fun programs and services that the Walkup Aquatic Center offers outside of swim lessons. We encourage you to take full advantage of them. Visit our website (lacnm.com/Aquatic) for more information about our services.

Cancellations/Refunds

A full refund or credit will be issued for any lesson cancelled with 48-hour notice. Any patron may receive a refund of their registration fee or facility pass minus a \$10 service charge under the following circumstances: illness, injury, or dissatisfaction with a program. Refunds or credits will be pro-rated based on the date received. All requests must be submitted in writing.

Registration

Registration is at a first-come first-serve basis. Call or check our website for registration deadlines (lacnm.com/Aquatic). Listed below are some important things to remember about registration:

- Classes may be combined or cancelled if the minimum number of students enrolled is not met.
- If your child has special needs or a medical condition, please inform staff when you register.
- All fees must be paid in full at the time of registration
- If you need financial assistance, contact the front desk for more information.

Viewing Lessons

Walkup Swim Lessons are designed to promote independence and confidence. Children will usually have difficulty breaking away from their parents for the first time in the water. Attaining the trust of the instructor will be vital to the success of each student. It is almost impossible to cultivate this trust unless there is separation throughout the lessons. Parents are permitted to console their children if they happen to become upset, disruptive, or to take the child to the restroom. Otherwise, parents, family, and friends need to stay in the designated viewing areas (the benches or bleachers) and refrain from interfering unless necessary. Participants are not allowed in the water unless their lesson is in progress; this includes the therapy pool before and after the lesson. For the beginner classes, if the instructor feels that the child would best benefit from the class with a parent present, the instructor may ask the parent to be present in the water until the child is ready to move on without a parent in the water.

Restroom Policy

Children 5 years and under must be escorted to the restroom during class time. Children 6 years and older will be allowed to go by themselves. Please encourage your child to go to the bathroom before the class begins. If your child is not yet potty trained, it is required that he/she wear a swim diaper before entering the pool.

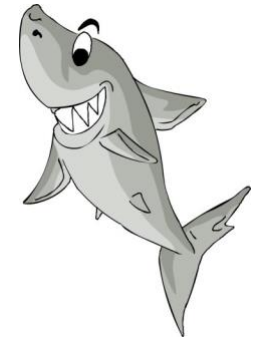


Level 6 - Shark

Location: Main Pool

What to Bring:

- Goggles
- Swimming Suit and Towel



This is the culmination of the Walkup Swim Lessons. Sharks work on refining strokes and skills as well as learning safety and rescue procedures. Class content includes the following:

- Competitive Diving Starts (Deep End)
- Swim Underwater (Goggles Recommended)
- Block Starts (Front and Back)
- Flip Turns (Front and Back)
- Surface Dives (Pike and Tuck)
- Stroke Improvement (Freestyle, Elementary Backstroke, Breaststroke, Backstroke, Butterfly, and Sidestroke)
- Water Safety Rescues (Reaching Assist, Throwing Assist, In-Water Rescue)

Exit Skills

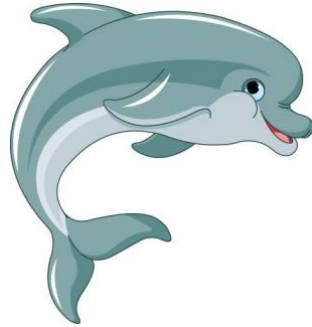
1. Tread water (3 Minutes)
2. Block starts and Flip Turns (Front & Back)
3. Stroke Completion - Backstroke (25 yards), Butterfly (12.5 Yards)
4. Continuous Swim (200 Yards): Freestyle (100 Yards), Backstroke (50 Yards), and Breaststroke (50 Yards)
5. Safety Rescues: Reaching Assist, Throwing Assist, and Deep Water Object Retrieval (9 Feet)

Level 5 - Dolphin

Location: Main Pool

What to Bring:

- Goggles
- Swimming Suit and Towel



This level focuses on aerobic swimming, diving skills, and rescue skills. The six main swimming strokes are introduced and refined. Class content includes the following:

- Deep Water Diving Skills
- Surface Dives (Pike & Tuck)
- Swim Underwater (Goggles Recommended)
- Tread Water with Different Kicks
- Block Starts (Front and Back)
- Continuous Swimming
- Stroke Improvement: Freestyle, Elementary Backstroke, and Breaststroke
- Stroke Introduction: Backstroke, Sidestroke, and Butterfly
- Water Safety Skills

Exit Skills

1. **Standing Dive (Deep End)**
2. **Surface Dives (Pike and Tuck)**
3. **Tread Water (1 minute)**
4. **Continuous Swim (100 Yards): Freestyle (50 Yards), Backstroke (25 Yards), and Breaststroke (25 Yards)**
5. **Object Retrieval (7 Feet)**

Conduct

Instructors reserve the right to remove children from classes if they are disruptive, or verbally or physically abusive to other students or instructors, in accordance with the Los Alamos County Code of Conduct. No refunds will be given.

Teamwork

For every student to succeed, it will take more than the effort from the Swim instructor. The parent plays a significant role in the child's swim lesson. Listed below are several pointers to help your child with swim lessons:

- **Prepare your child for swim lessons** by explaining exactly what will be happening. Try to bring your child to the pool in advance so that they are more familiar with the area.
- **Be prompt** so that your child is not rushed. Children can get anxious if rushed.
- **Follow rules and regulations.** You are responsible for your child's actions - not the instructor or lifeguard. Teach, talk about, and review the pool rules with your child, and lead by example. Rules are posted in the lobby and near the diving boards.
- **Attend every lesson** so your child does not regress or fall behind the other students.
- **Be patient.** Pressuring your child could cause a regression or even a fear of the water.
- **Avoid comparisons.** No two children develop at the same rate. Each child learns at a different pace depending on factors such as physical growth, individual development, comfort, practice, and previous experience. Respect your child's qualities and do not compare them to their siblings or other children.
- **Always be encouraging and positive** of your child's efforts because it will make them try harder during their next lesson or free swim.
- **Try to practice and reinforce** what your child has learned in swim lessons so that they will have a better chance of moving on to the next level.

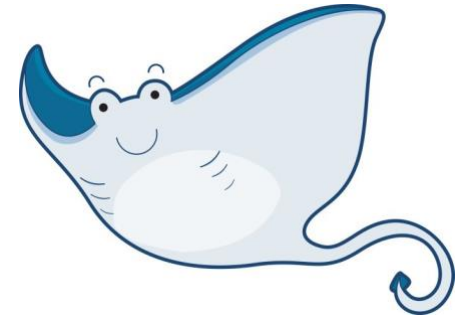
Things to Remember...

- Students should be ready to swim when they arrive for swim lessons.
- Remind your child of the facility rules.
- Make sure that your child has gone to the restroom before the lesson begins.
- Swim diapers must be worn by children who are currently potty training or who are not potty trained.
- Gum and candy are not permitted.
- Long hair should be tied back so as not to impede vision.
- Participants must wear a swimsuit/swim attire. Shirts and pants are not allowed as they restrict swimming abilities.
- Admission must be purchased for open swim during operational hours.
- Participants are not allowed in the water until lessons begin.
- Please stay in the designated viewing areas.
- This program is designed to be taken progressively. Each level is a stepping stone to the next level. Skipping levels may result in incomplete knowledge and skill.
- Feel free to frequently speak with the instructor about your child.

Lesson Placement

To assist you in registering for the appropriate level, please refer to the swim level descriptions in this section. If you have any questions or are coming from another program and are unfamiliar with our lesson program, please do not hesitate to ask. If there is time, an instructor may have your child get in the water and test some of their skills out to gauge which level your child should be in. It is recommended to register your child for the previous level taken if your child has not taken swimming lessons in the past three months, even if your child successfully completed that level in the last session. Children, especially young children, lose their “swim condition” after long breaks - and reviewing skills is very helpful.

Level 4 - Stingray



Location: Main Pool

What to Bring:

- Goggles
- Swimming Suit and Towel

Students are introduced to the main pool. This class focuses on rudimentary swim strokes and water safety. Class content includes the following:

- Introduce Diving Water Entry
- Recovery (Front and Back)
- Underwater Exploration (Goggles Recommended)
- Stroke Improvement (Freestyle, and Elementary Crawl)
- Swim Under Water
- Stroke Introduction (Backstroke, and Breaststroke)
- Floating, Gliding, and Rolling
- Water Safety Skills

Exit Skills

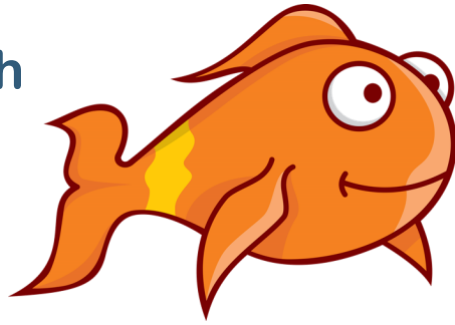
1. **Kneeling Dive Entry (Deep End)**
2. **Swim Underwater (10 Feet)**
3. **Elementary Backstroke (25 Yards)**
4. **Freestyle (25 yards)**
5. **Tread Water (30 Seconds)**

Level 3 - Goldfish

Location: Therapy Pool

What to Bring:

- Goggles
- Swimming Suit and Towel



This class focuses on water comfort and independence. Basic swim strokes are introduced, and basic water independence is required before advancement. Class content includes the following:

- Safely Enter / Exit the Water
- Submerging Gradually (Mouth, Nose, Face, and Head)
- Underwater Exploration (Goggles Recommended)
- Floating, Gliding, and Rolling
- Recovery (Front and Back)
- Motor Skills / Combined Motor Skills (Legs and Arms)
- Stroke Intro (Finning on Back and Freestyle)
- Treading Water
- Water Safety Skills

Exit Skills

1. **Unassisted - Jump In Water and Swim to Side**
2. **Unassisted - Submerge and Retrieve an Object 4 Feet Deep**
3. **Unassisted - Glide 7 Seconds on Front, Roll Over, and Back Float 10 Seconds**
4. **Unassisted - Swim 20 Feet on Front and Back**
5. **Unassisted - Tread Water for 15 Seconds**

Swim Lessons Layout

Using course content from the American Red Cross *Learn-to-Swim* program, the Walkup Aquatic Center provides lessons that are customized to meet the needs of the participants. These lessons emphasize water safety, water exploration, and stroke improvement.

The Walkup Swim Lessons are set up into six (6) levels. Each level contains six lessons that focus on five exit skills as well as water safety. The classes are designed to track improvement and help swimmers and parents alike understand their child's capabilities in the water.

Level 1 - Starfish

Level 4 - Stingray

Level 2 - Seahorse

Level 5 - Dolphin

Level 3 - Goldfish

Level 6 - Shark

Note: It is important to note the content and exit skills for the levels. Instruction may vary depending on the class ability level, and it may take several sessions for participants to complete a level. Exit skills must be successfully completed to pass the level.

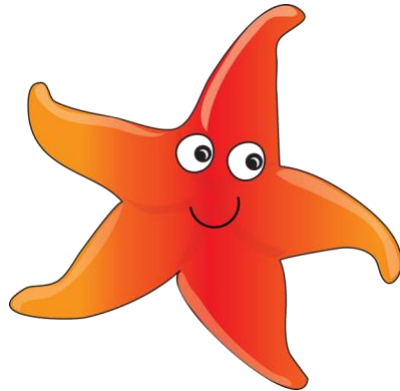


Level 1 – Starfish (Parent & Tot)

Location: Leisure Lagoon

What to Bring:

- One parent per child
- Water Diaper (if needed)
- Swim Suit & Towel



This class centers around safe water interactions between parents or guardians and their children. This class is designed for children between 6 months and 3 years. Class content includes the following:

- Getting Wet
- Safely Enter / Exit the Water
- Safe Parent Holds (how to hold your child in the water properly)
- Passing (Parent to Instructor)
- Comfort with the Water
- Surface Water Exploration
- Submerging Gradually (Mouth, Nose, Face, and Head)
- Underwater Exploration
- Floating, Gliding, and Rolling
- Motor Skills (Leg and Arm Movement)
- Water Safety Skills

Exit Skills

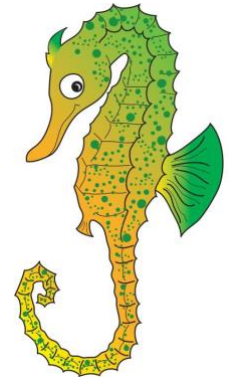
There are not any exit skills in this level. As soon as you and your child feel comfortable about trying these activities in an instructor-only setting, he/she can proceed to Level 2 - Seahorse.

Level 2 – Seahorse

Location: Leisure Lagoon

What to Bring:

- Goggles
- Swimming Suit and Towel



This class focuses on becoming comfortable in the water. This class is designed for children 3 years and up. Basic motor skills for swimming are introduced. Class content includes the following:

- Safely Enter / Exit the Water
- Getting Comfortable in Water
- Surface Water Exploration
- Submerging Gradually (Mouth, Nose, Face, and Head)
- Underwater Exploration (Goggles Recommended)
- Floating, Gliding, and Rolling
- Motor Skills (Leg and Arm Movement)
- Combined Motor Skills
- Treading Water (Motor Skills Only)
- Water Safety Skills

Exit Skills

1. **Unassisted Exit and Entry to the Therapy Pool**
2. **Unassisted and Complete Submersion**
3. **Assisted - Glide on Stomach for 4 Seconds, Roll Over, and Back Float for 3 Seconds**
4. **Assisted - Combined Motor Skills on Front for 10 Feet**
5. **Assisted - Combined Motor Skills on Back for 10 Feet**