



## **Brownsville Independent School District** **“Adaptive Aquatics Swimming Program”**

### **Program Information Sheet**

The Brownsville Independent School District provides water safety and swimming instruction for Elementary, Middle, and High School “*Lifeskills/S.F.L.*” students. The Brownsville Independent School District’s American Red Cross aquatic program is called “*Adaptive Aquatics Swimming Program*” and is used as the core for the instructional curriculum.

The purpose of the “*Adaptive Aquatics Swimming Program*” is to orient students to the aquatic environment and to create a foundation for learning fundamental swimming and safety skills.

Administrators, teachers, and parents play an important role in the aquatic experience. Everyone’s combined effort leads to student success. The following guidelines will assist students as they participate in this wonderful learning opportunity.

1. Students should leave all jewelry, glasses, money and valuables at home or school.
2. Students should bring a towel and appropriate swimwear to each lesson. Extra items such as t-shirts, goggles, and flip-flops are recommended.  
Bring as few items as possible to the pool.
3. Students should be encouraged to participate in all lessons to maximize learning.
4. Students should wear non-restrictive clothing on swim days so they do not struggle to dress.
5. Please label clothing with child’s name.
6. Reviewing dressing room behavior is also important. This includes:
  - a. Dress quickly and quietly.
  - b. Use the bathroom before reporting to your lesson.
  - c. Handle only your own clothes and towel.
  - d. No running or playing in the dressing rooms.
  - e. Students are learning guests and should use their best behavior everywhere in the Aquatic Center.

In addition, the following rules should be followed:

1. Obey the Lifeguards
2. No horseplay
3. Shower before entering the pool
4. No flips from edge of pool
5. No weapons or firearms
6. DO NOT false alarm a drowning
7. No food, drinks, or chewing gum in pool area
8. Non swimmers who cannot hold head above water must be with an adult at all times.
9. No diapers in the pool area.

All lessons will be under the direction of Margaret M. Clark Aquatic Center staff members. Personnel are certified by the American Red Cross and have a vast array of aquatic experience in water safety courses and Lifeguard Training. Each Aquatic Center employee also holds American Red Cross Training in First Aid and CPR and is dedicated to providing BISD students with the best in lessons, care, and supervision.

Thank you parents, administrators, and teachers for your efforts on behalf of the BISD students!

For questions or additional information contact The Margaret M. Clark Aquatic Center at (956)698-0064

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