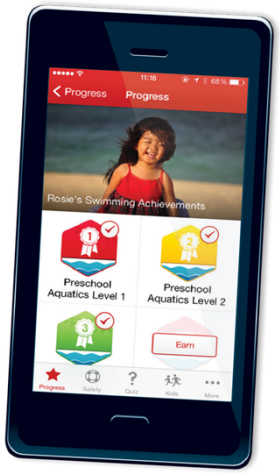
American Red Cross

Get the most out of Red Cross swim lessons with the Swim App.

- Track progress and earn badges
- Learn more about water safety

PLUS the WHALE Tales section for kids entertains while it educates



To Download: VISIT redcross.org/apps, TEXT 'SWIM' to 90999, or SEARCH 'Red Cross Swim' in the Apple App Store™, Google Play™ or Amazon Marketplace.

100 YEARS OF WATER SAFETY

Find more information visit our website by scanning the QR Code below.

Chain of Drowning Survival

A person who is drowning has the greatest chance of survival if these steps are followed:



Recognize the signs of someone in trouble and shout for help	Rescue and remove the person from the water (without putting yourself in danger)	Call emergency medical services (EMS)	Begin rescue breathing and CPR	Use an AED if available and transfer care to advanced life support

Katy ISD

American Red Cross

Learn to Swim

Swim Lesson Parent Handbook

Dear Parents,

Welcome to Katy ISD's Summer Recreation Swim Lesson Program. We are excited to have your child participant in our swim lesson program and to watch them progress through the stages of swimming in a positive, safe and fun atmosphere. Our goal for your child is to teach them safety measures in and around the water, provide tools to help them comfortably move through the water and to develop stroke techniques to maximize their swimming experience.

Our swim lesson instructors are trained through the American Red Cross in a Water Safety Instructors course. They are also lifeguard certified including CPR/AED and First Aid. Each class will be led by a Water Safety Instructor with lifeguards on surveillance duty.

Our swim lesson sessions consist of 8 classes; each class is 40 minutes per day. Classes will run Mondays – Thursdays for 2-week sessions.

It is very important for children to be very active in the swim lesson program. We cannot over stress the importance of great attendance during the session. Children learn by repetition, therefore, giving your child a chance to practice on weekends will greatly benefit your child's progress. Children advance at different rates, thus positive reinforcement is highly important for a successful swim lesson experience.

If after reading this packet you have questions or concerns regarding our program, please contact us by email at: **SummerRecSwimLesson@KatyISD.org.**

Welcome to our Learn to Swim and Water Safety program and thanks again for choosing Katy ISD Summer Recreation Swim Lesson program. We hope to provide your family with a great swimming and water safety experience.

Swim Lesson Policies and Procedures

Upon Arrival
Come into the Natatorium and find a seat in the bleachers. The instructors will call out the names of the participants and the class will all walk together to the pool side with the instructor. Spectators are welcome to stay and observe the class from the bleacher area. Children can be very easily distracted if parents and/or family members are too close to the pools edge, so we ask that you stay visible but not within reaching distance of the pool.

Group Lessons
We feel that group lessons benefit the child in many ways. They help develop socialization skills, along with swimming skills. The child will often try something new when he or she sees a classmate try it. We try to develop a sense of team effort in the class. A group lesson typically means 5 – 12 children in each class depending on the class level and age of participants.

Weather
We will not cancel classes due to bad weather however we also do not open the pool for swimming if we have a weather alert stating lighting is present in the area. If this should occur during your lesson, we will have all participants learning about water safety and demonstrating water safety techniques through videos and land-based activities. Please always plan to bring your child to swim lessons wearing their swimsuits in the case the weather clears and we can get in the water any time during their class.

Longfellow's Whales Tales
This is a program created by the American Red Cross as part of the Swim Lesson curriculum. This is a water-safety program that you will see during your child's class. The instructors will take a few minutes each class to go over such items as safe boating, lifejackets and more water safety topics. This program will be utilized more in the case of bad weather. The program consists of video segments on water safety, teachings and demonstrations, and handouts. There will be times during the class when videos will be shown in a classroom inside the natatorium away from the pool deck. When the pool is unable to be utilized due to lightning in the area, we will focus on the Whales Tales lessons and water safety topics.

No Refund Policy
We can NOT offer refunds for scheduling conflict, illness, injury or vacations. Please think carefully about your schedule before you register and please select your dates and times carefully. If you are registered for the wrong class, we will do our best to accommodate as much as possible however the participant may have to stay in the class they are registered if classes are too full.

Class Ratio's
Although these are group lessons, we do try to keep low numbers for our class sizes which also means our classes have a limit and once they are full, registration for that class is over. The ratio is set by level with the lower levels having a smaller participant count and the higher levels a larger participant count. Our level 5 and 6 primarily hold class in deep water as these participants are swimming laps and working on endurance preparing for swim teams.

Level	*Instructor*	*Participant Maximum Number*
1 & 2	*1*	*6*
3 & 4	*1*	*8*
5	*1*	*10*
6	*1*	*12*

Now, what does your child need for swim lessons?
Your child needs to have a comfortable swimsuit (no cut-off jeans), goggles if necessary, only covering the eyes not the nose, a towel and a SMILE!

Join us on sportsYou for swim lesson updates, weather alerts and more.

Use your unique access code below and follow the instructions.

Access Code
BTN3-3XA2

sportsYou app can be downloaded from AppStore and Google Play