

SUMMIT SWIM LESSONS FAQ

5/2021

Question	Answer
How do I know which swimming lesson LEVEL is right for my swimmer?	Refer to Swim Lesson Placement Guide found at https://www.johnstoncsd.org/commed/programs/pool-info
How long is each lesson?	30 minute classes – for all Parent/Child, Learn to Swim and Private Lessons
What is the Instructor-to-Student ratio for group lessons?	<p>JCE Swim Lessons follows Red Cross ratio numbers for effective learning and instruction.</p> <p>Parent/Child Class: 1 instructor to 8 parent/child pair Preschool Class: 1 instructor to 4 children School Age Classes: 1 instructor to 6 children</p> <p>Please note: JCE may have some classes up to 2 extra swimmers to accommodate unforeseen issues, such as incorrect swim level placement and transfer needs to be made once classes start. The addition of students still meets the Red Cross guidelines and effective learning.</p>
Should my child take GROUP or PRIVATE lessons?	<p>It is strongly recommended that all swimmers learn in a group setting. Small groups of 6 or fewer provide peer-to-peer instruction, practice, and opportunities to watch other swimmers perform the skills with the help of a swim instructor.</p> <p>However, not all children learn best in group lessons. Parents must take into account their swimmer's temperament, behavior, and learning style. Private lessons are available if needed.</p>
What is the inclement weather policy?	If Johnston Community School District cancels classes or dismisses early due to weather, all Community Ed classes and activities (adult and youth) are cancelled for that day/evening. For summer or weekend classes, please call the Community Ed weather line for updated information on cancelled or postponed classes, 515-252-8488.
Do you offer MAKE-UP lessons for missed swim lesson classes?	We do not schedule make-up lessons for missed classes unless class is cancelled by Johnston Community Ed.
Can I request a specific instructor?	Due to number of swimmers within our lesson program, we cannot take requests for specific instructors. For development, it is important for swimmers to be able to learn from more than one instructor. All instructors follow American Red Cross guidelines and methods.

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<p>What if my swimmer is less or more advanced than the other swimmers enrolled in class?</p>	<p>Our attentive instructors pick up on skill differences very quickly and are aware of the abilities that your child needs to have in order to maintain placement in his or her level. We understand that everyone learns in their own ways and at their own speeds, which is why our instructors observe and adjust teaching methods as needed. We're constantly evaluating our students and are very flexible when it comes to working with each child's individual strengths and weaknesses.</p>
<p>Last summer my swimmer was very comfortable in the water, but this year it seems like the skills were lost?</p>	<p>Just like any other skill, swimming skills are best learned by repetition and practice. If a swimmer has not been in the water for several weeks, even months, swimmers will often lose their skills and will have to relearn them.</p>
<p>I feel like the learning/progression is going slower than I like. What should I do?</p>	<p>Every swimmer progresses differently in their aquatic skills based on how much exposure they've had to aquatic environments. If you feel like your swimmer is not progressing as fast as you hoped, connect with your swimmer's instructor at lessons to discuss the concern.</p> <p>Keep in mind plateaus are common in any skill development, especially when a swimmer faces a hurdle that is difficult for them. Our instructors are sensitive to these issues and are trained to motivate and guide swimmers through these peaks and valleys. As a parent/swimmer, keeping the line of open communication with your instructor is crucial to overcoming these plateaus during the sessions.</p>
<p>Is there anything I can do outside of class to help my swimmer's learning progress?</p>	<p>Learning to swim is not a skill that can be learned in just a few easy lessons and it requires time to develop and practice. We strongly recommend making swimming part of your weekly activities, swimming once or twice per week on an extended basis outside of swim lessons.</p> <p>Practicing skills outside of class will help tremendously! Practice swimming as much as possible with a fellow swimmer. Many skills can also be practiced in the bathtub. Communicate with your instructor to help determine what skill(s) should be practice outside of class based on the swimmer's skill level.</p>