



# Clinton Hills – Swim Lessons 2020

In partnership with SwimSafe Pool Management Co.

## Online Registration Required.

Use your mobile phone, tablet or computer to register at [ClintonHills.CourseStorm.com](http://ClintonHills.CourseStorm.com).

Or Scan  
This QR  
Code



## Cancellation Policy

Lessons will only be canceled if thunder or lightning is in the area **15 minutes prior to the start of class.**

Make-up lessons may be offered on the first Friday of the session but are not guaranteed.

## Cancellation Notifications

We utilize an automated text notification system to quickly notify parents in the event of a cancellation.

**To receive notifications, text CHSC1 to 84483.**

*Cancellation information is only available via our text notification system.*

### LESSON SCHEDULE

	Session 1 July 6-16 Mon-Thu	Session 2 July 9-30 Thu Evenings	Session 3 July 20-30 Mon-Thu
<b>Registration Opens</b>	Friday, June 19th at 8:00 am		
<b>Registration Limits</b>	<b>Registration is limited to 1 class per child</b>		
LEVELS OFFERED			
<b>8:15-8:45 am</b>	1,2		1,2
<b>9:00-9:30 am</b>	1,2		1,2
<b>9:45-10:15 am</b>	0,2		0,2
<b>5:45-6:15 pm</b>		0,1,2	
<b>6:30-7:00 pm</b>		0,1,2	

### PLEASE READ BEFORE REGISTERING

In response to the COVID-19 pandemic and in an effort to keep all participants as safe as possible, **all swim lessons require the participation of a parent, guardian, or responsible adult** with every child registered. Adults will be in the water, actively participating in the swim lesson with their child. **All adult/child pairs will be spaced at least 6-feet apart in the water** and the instructor will teach from the pool deck. **Children who do not have an adult in the water will not be able to participate in lessons.**




**Face masks** are highly encouraged when entering and exiting the facility or interacting with staff members however, they are not required during swim lessons.



[www.clintonhills.coursestorm.com](http://www.clintonhills.coursestorm.com)  
<https://clintonhills.com/>

QUESTIONS OR CONCERNS? CONTACT  
JENNIFER@SWIMSAFEPOOL.COM  
(513)-755-7075

## NOT SURE WHAT LEVEL IS RIGHT FOR YOUR CHILD?

	<p><b>LEVEL 0: FROGS &amp; TADPOLES</b></p> <p>Parent and child will learn to enjoy the water together in this class. Parent (or responsible adult) and child will become acclimated to the water through games and songs while in a group setting. Parent will learn key safety tools to use at a pool or near water.</p> <p><b>ACTIVITIES:</b> Water safety, proper use of flotation devices, water acclimation, movement through water, floating in the water, blowing bubbles, and more.</p>	<p><i>Limited to children 9-36 months old. Parent and child are welcome to participate in this class until the child is 3-years-old and comfortable moving to the Flounder class on their own.</i></p>
	<p><b>LEVEL 1: FLOUNDER</b></p> <p>Child will become acclimated to the water through games and will learn basic safety skills in addition to water submersion and floating with support.</p> <p><b>SKILLS:</b> Independent movement through the water, floating on front and back, recovery from a floating position, nose/mouth bubbles, introduction to bobs, and age-appropriate safety skills.</p>	<p><i>Any children who are at least 3-years-old and have little experience in the water should sign up for this class.</i></p>
	<p><b>LEVEL 2: JELLYFISH</b></p> <p>Child will expand on the skills learned in the Flounder class and learn to be in the water unassisted in both front and back positions while learning to propel themselves through the water using either arms or legs.</p> <p><b>SKILLS:</b> Floating, gliding, streamline body position, recovery, bobs, submersion, propulsive kicking, introduction to propulsive arms, sit dives, and safety skills.</p>	<p><i>A child is ready for this class if they can comfortably perform five unassisted, consecutive bobs, submerging fully.</i></p>

## COVID-19 Safety Precautions

### Upon Arrival:

- Parents and children may arrive no more than 5-minutes before lessons are scheduled to begin.
- If you or your child are feeling ill or who are showing any sick symptoms, do not come to class.
- Instructors, swimmers, and parents will be temp checked upon arrival.
- Use hand sanitizer upon arrival or wash your hands properly.

### During Lessons:

- Instructors will teach with a face mask and sunglasses from the pool deck.
- A parent, guardian, or responsible adult must be in the water participating with each child registered for lessons.
- Adult/child pairs will be spaced at least 6 feet apart in the water.
- All swim lesson tools, toys, and equipment must be cleaned before, during, and after lessons.
- No outside spectators are allowed.

### After Lessons:

- All parents and children will be asked to exit the facility as quickly as possible to allow for the next group to enter.
- Families with a pool reservation that begins after lessons must exit the facility to allow staff time to prepare and clean the facility.

*Anyone not following these safety and preventative measures will not be able to participate.*