



### **The six learn-to-swim levels include (full description of each level provided online):**

- **Level 1**—Introduction to Water Skills. Helps students feel comfortable in the water and to enjoy the water safely.
- **Level 2**—Fundamental Aquatic Skills. Gives students success with fundamental skills.
- **Level 3**—Stroke Development. Builds on the skills in Level 2 by providing additional guided practice.
- **Level 4**—Stroke Improvement. Develops confidence in the strokes previously learned and to improve other aquatic skills.
- **Level 5**—Stroke Refinement. Provides further coordination and refinement of strokes.
- **Level 6**—Swimming and Skill Proficiency. Refines the strokes so students swim them with ease, efficiency and power over greater distances.

### **Important Notes about each lesson option:**

**Private lessons** can be registered one week at a time. We make every effort to keep a student with the same instructor, however we cannot guarantee this if the instructor has a prior booking.

**Semi-Private lessons** are for 2 students and **MUST** be registered together. The students **MUST** be of equal swim skill to ensure the greatest learning curve for each student.

**Group lessons** must meet a minimum of 3 students, maximum of 4 students, in order to keep the class. Should the class not reach the minimum enrollment the family will be notified and offered a semi-private or private lesson at the listed fee for such lessons.

### **The following policies are in place to ensure the safety and benefit of participants and MVP Staff:**

1. Pool rules and policies must be observed at all times.
2. No pro-rating or refunds for missed days, unless MVP cancels the class due to low enrollment or class is an inappropriate skill level for the student. Transferring to an appropriate class and/or another session is allowed if space is available.
3. A make-up lesson is only provided if there is space in an existing class.
4. An adult guardian must be on location during their child's schedule lesson.
5. During lessons parents/observers are asked to remain in the areas designated for watching/waiting. The deck surrounding the lesson area is to remain clear during lessons.
6. Parents can enhance the learning environment by quietly observing lessons without creating distractions.

### **Things to know:**

What to bring to your lesson: Bathing suit & towel (of course!), goggles that fit, a swim cap or hair band for long hair, and a big smile!

- Lessons are conducted regardless of weather (lightning storms and/or pool closures are the only exceptions).
- Your child should be neither hungry nor extremely full before swimming lessons.
- Personal floatation devices are prohibited during all swim classes.
- If your child is prone to chill or has long hair (shoulder length or longer), we highly recommend s/he wear a bathing cap and/or a swim shirt. MVP water temperature fluctuates from 81 to 85 degrees throughout the 6 month season.
- We encourage your child to practice skills learned in class...outside of class times.
- Try to attend every lesson...frequency is the key to learning.
- Be supportive of your children. Learning to swim can be very difficult (even getting in the water!).
- **Remember that fear is learned.** If you are hesitant or fearful of your child in the water, your child will generally acquire your fearful attitude. Your child's progress and enjoyment can be enhanced when you and your child are enthusiastic about swimming.
- Most important of all...have fun learning!