Notes & Additional Report Cards
(BE SURE TO ATTACH REPORT CARDS HERE)

Swim Lesson Information & Report Card Booklet

This book belongs to:

It's great to have you swimming at HRCA! Please bring this booklet to the first and last day of each set of swim lessons. It will be used to document your progress and to assist the instructors.

- The purpose of the Highlands Ranch Community Association Learn to Swim Program is to develop swimming competency, confidence and endurance in a safe and fun environment.

- This book is an overview of our entire program. Please read this book as soon as possible. We want you to be a partner in making sure lessons are successful.

HRCAonline.org

Info: Call 303-471-8867

rev. 11/10
Welcome to the HRCA Swim Lesson Program!

- We thank you for choosing HRCA to provide you with skills that will be fun to learn while keeping you healthy and safe!
- The first day the On-site Instructor will ask for this booklet to review the Report Cards from previous months to ensure each swimmer is placed in the proper level for the upcoming session.
- The report cards you receive on the last day of each session should be attached to the back page as a record of swimmer's progress.
- Our On-site Instructors who are on deck for each session are available anytime during lessons for you to ask questions or discuss swimmer's progress.
- The HRCA Aquatic Swim Lesson Coordinator is available at 303-471-8867 to answer questions or discuss your concerns.

When are Lessons?
- Indoor Group Swim Lessons meet either twice a week for three weeks on Mon & Wed, Tues & Thur, or for four consecutive Saturdays.
- Outdoor Group Lessons are available June - August and meet four times a week, Monday–Thursday, for two weeks in the outdoor pools.

What Level is Correct to Enroll?
HRCA Swim classes are divided into three skill levels based upon age and ability. For example, when enrolling for Journey One plan on a minimum of three months before advancing to Journey Two. Because classes fill up quickly, we recommend you enroll for more than one month at a time to ensure enrollment for lessons the following month. If the swimmer progresses and you are already enrolled for the next month at the incorrect level, contact 303-471-8867 to transfer.

Levels

Explorer Series: Ages 6 months to 3 years
- Parent/Tot classes parents get in the water with their child.

Journey Series: Ages 3-5 years (See Page 5 for detailed skills required for each level)
All skills must be passed before moving to the next class.
- Journey One: beginner skills, water acclimation, kicking, beginner stroke, intro to freestyle
- Journey Two: intermediate skills, freestyle, intro to breast stroke, backstroke
- Journey Three: advanced skills, butterfly, endurance

<table>
<thead>
<tr>
<th>Level</th>
<th>Child's Name:</th>
<th>Instructor:</th>
<th>Date:</th>
<th>Next Level:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Explorer</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Journey One</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Journey Two</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Journey Three</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Adventure One</th>
<th>Child's Name:</th>
<th>Instructor:</th>
<th>Date:</th>
<th>Next Level:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Adventure Two</th>
<th>Child's Name:</th>
<th>Instructor:</th>
<th>Date:</th>
<th>Next Level:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Adventure Three</th>
<th>Child's Name:</th>
<th>Instructor:</th>
<th>Date:</th>
<th>Next Level:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Adventure Four</th>
<th>Child's Name:</th>
<th>Instructor:</th>
<th>Date:</th>
<th>Next Level:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Comments: ______________________________________________________________
Adventure Series: Ages 6-13 years (See pages 6 for detailed skills required for each level)

All skills must be passed before moving to the next class.
- Adventure One: beginner skills, water acclimation, kicking, beginner stroke, intro to freestyle
- Adventure Two: intermediate skills, freestyle, breaststroke, backstroke
- Adventure Three: advanced skills, butterfly, endurance
- Adventure Four: butterfly, endurance, competitive skills

Who is the On-site Instructor?
The HRCA swim lesson program provides an “On-site Instructor” during all swim lessons. The On-site is there to supervise the lessons and answer your questions. We encourage you to discuss progress with the Swim Instructor, the On-site Instructor, or the Swim Lesson Coordinator at 303-471-8867.

Registration Reminders
- Registration is on a first-come, first-filled basis.
- The Activity Guide includes four months of programming opportunities. Registration may be available for a month which has not been published. Please check with an On-site Instructor for up to date enrollment information.
- Be sure to verify at the registration desk that your phone numbers are correct. You can only be contacted about wait list opportunities if we have a correct phone number.
- Register at any recreation center, by calling 303-791-2500, or online at HRCAonline.org.
- Be sure to check your receipt after registration for accuracy. If registering via telephone, stop at any Recreation Center, at your earliest opportunity, to request a receipt. Verify that all registration was done accurately before classes begin.
- In the Activity Guide, the dates for each session are listed before each category of swim classes. Each individual swim class has a designated six-digit number. Each month and each recreation center has a one letter code. To identify the class, month, and recreation center you need the six digit number with two letters. Example: 212100 AE is a Journey One swim class at Eastridge for the first month of programs.
- If you have registered for multiple sessions, and the swimmer progresses to a new class, please call 303-471-8867. Every effort will be made to transfer the swimmer to the correct class.

Journey One
Child's Name: _____________________________________________________________
Instructor: _________________________  Date:  _______  Next Level: ______________

- Independent water entry/exit
- Blowing bubbles
- 10 consecutive kicks
- Retrieve object from bottom of pool
- Independent flutter kick, 10 ft
- Floating front & back, 10 seconds unassisted

Comments: ______________________________________________________________
________________________________________________________________________

Journey Two
Child's Name: _____________________________________________________________
Instructor: _________________________  Date:  _______  Next Level: ______________

- Flutter kick (front & back) 25 yards
- 15 Consecutive kicks
- Treading water 20 seconds
- Introduction to whip kick
- Intro to lateral breathing

Comments: ______________________________________________________________
________________________________________________________________________

Journey Three
Child's Name: _____________________________________________________________
Instructor: _________________________  Date:  _______  Next Level: ______________

- Introduction to dolphin kick
- Introduction to butterfly
- Whip kick 25 yards
- Elementary backstroke, 25 yards
- Combination skill: 25 yards freestyle & 25 yards backstroke

Comments: ______________________________________________________________
________________________________________________________________________
Wait Lists
• A maximum number of swimmers are permitted in each class. If the maximum number of swimmers for a particular class has been reached, a wait list is created.
• The week prior to the beginning of each session, if space is available, the wait listed individuals will be contacted. The order in which individuals are contacted is based on the date the individual was put on the wait list. For example, if Jane Doe was put on the wait list June 7 and John Smith was put on the wait list June 10, Jane Doe will be contacted first.
• To accommodate as many participants as possible, if you are already registered for a class, you will not be able to sign up for a wait list during that same month.

Class Cancellations
A class may be cancelled prior to the start date, if minimum enrollment has not been achieved. Each person will be contacted by telephone and a full refund will be processed back through original form of tender.

Inclement Weather
To find out about inclement weather cancellations call 303-471-8867. The voice greeting will be updated if changes occur. No refunds will be given for cancellations due to inclement weather.

How is My Child Doing in Lessons?
The first day of class, each swimmer's skill level is assessed in order to group them appropriately. To assist in this process, bring this booklet which should include the swimmer's report cards from their previous classes.

How Can I Help My Child Succeed?
Our goal is to begin each participant on a lifetime of safe aquatic enjoyment. This goal is a team effort between instructors and parents. The HRCA swim lesson experience is a partnership between you, the swimmer, and our staff.

Communication is a vital part of making the experience successful. Please let us know at any time how we can help. We ask parents to support our efforts in the following ways:
• Don't wait with questions, or concerns regarding a swimmer's lessons. Discuss issues as soon as possible with the Instructor, On-site Instructor or call the Swim Lesson Coordinator at 303-471-8867. The easiest solutions happen when issues are addressed immediately.
• Practice between lessons. The more experience the swimmer has in the water, the faster the skills become second nature.
• If an On-site Instructor requests a change in location for you to observe lessons, please honor their request. We have specific areas set aside for parents to observe lessons. These are by design to allow easy traffic flow, and minimize distractions for the students during each lesson.

What If My Child Is Sick?
Please be considerate of other participants. Please do not bring your child to lessons if they do not feel well.

My Schedule Conflicts with Group Lessons. What is Available?
Private/Semi-Private Swim Lessons: Ages 3 and older (30-minute session)
• Flexibility to fit anyone's schedule
• Work on specific skills one-on-one
• Take advantage of working with the most experienced swim instructors
To schedule a private or for more information call 303-471-8867

What is Next After Group Swim Lessons?
Seahawk Drill Academy: Ages 6 and older
• This program is designed as the first step toward competitive swimming.
• New participants are evaluated the first day to ensure readiness for this program.
• Swimmers must be able to swim continuous 50 yard freestyle and 50 yard backstroke. Swimmers may not roll over to back, lift head to breath, grab the lane rope or wall during test.
• It is strongly recommended that new swimmers have either passed out of the Adventure 3 or have previously swam on a swim team. The emphasis of this program is on stroke technique and competitive drills.
For more information call 303-471-8942.

Progression & Report Card Overview
• Report Cards help track the progression of each swimmer. The instructor will give a report card at the end of each session. Please attach report cards to the back page of this booklet.
• The On-site Instructor will review previous achievement to determine the appropriate level for each swimmer.
• Bring this booklet to the first and last day of each session.