

# Nervous Beginner Semi-Private Lessons

**Purpose of the Semi-Private Lesson:** Prepare children for **Group** lessons and begin the “Learn to Swim” process in Lane 1. We can often accomplish this in three (3) or four (4) Semi-Private lessons. We like to begin Group lessons immediately following Semi-Privates, when possible. That depends on **our class availability**, and *yours* as some families need to come after work and those lesson times are harder to secure!

**Who should Enroll?** This transitional program is ideal for children who cannot pass our Lane 1 test (see video online) and/or exhibit some of the following:

- 1) Do NOT like putting face in the water, or avoids getting head under when swimming
- 2) Often wears floaties or swim vest.
- 3) Previous negative experience in the water.
- 4) Never been in an organized swim class *without* Mom or Dad.
- 5) Separation issues – not confident without a parent in the Pool.
- 6) **Age 3.5 – 6 years old.** Physically able to transition to Group Setting.

**Goals:** The #1 goal of Semi-Private lessons is to address the issue of submersion. If you “try your best” we can overcome this obstacle together. **Trust is a big factor**, and we will try to gain your trust in the process! For some it is easy, while others are a little more reluctant!

The goal is to “pass Semis” in three (3) or four (4) consecutive. If the child does not pass after four semis, **they are not ready**. At that point, we suggest swimming for fun for a while and take the Swim Test when they are more comfortable with the skills required to pass (see swim video online). Once they pass semis, there is NO test needed.

**There are two issues we often encounter:** 1) **children not wanting their face/head wet**, or 2) **parent separation issues**. The ‘water’ issue is pretty easy for us provided they are willing to “try their best” and follow directions. The **Separation or Control** issue is more complicated. Parents are encouraged to support them, but not negotiate with them; we like to give them choices. Also, we will not pick up a swimmer who is refusing to enter the pool area. Our administrative person will take their hand if they want, and escort them into the pool. Once swimmers are in the water, we can address their concerns about the water! We are very experienced with handling water issues once they get in, so parents need to be sure their children are able to walk into the pool area. For some children, that is the hardest task.

**Parents’ Responsibilities:** Parents ARE NOT involved in the lessons. Parents are observing from our Play Room area on a TV monitor. We will invite the parents into the pool area later on as the lesson progresses. **Parents cannot be out on the pool area until invited. And, parents never go onto the pool deck.**

- ✓ After their first lesson, if the parent can practice the skills learned in the lesson, the swimmer will have a positive feeling about the water and our rate of success rises. **Teamwork is the key to success!**
- ✓ **All swimmers will have their head wet during the first lesson.** Please prepare them. **We never mislead**; getting your head wet is the first step to learning how to swim! We begin with pouring water over their head, so it is helpful to practice this at home in the bathtub prior to lessons. 90% of the swimmers go under water the first lesson.

Smiles are contagious, but so is crying. We will *not* invite a parent to come into the pool area if the child is crying. It is *our* job to calm them and help them through the process. In a rare circumstance, if the swimmer is extremely upset, we may ask them to talk with the parent in the Play Area, and then rejoin us. The parent could communicate with our deck supervisor about concerns, but the goal is to get the swimmer back in the water at least for a few more turns.

**The skills we work on include:** Several relaxed complete submersions, retrieving treasures (rings), back float with assistance, jumping into the water independently, and 10 relaxed bobs. These are the requirements to pass the Swim Test and enter *Group* lessons in Lane 1. Lane 1 swimmers are between age 3.5 & 6. We have five (5) lanes, or ability levels, at our facility. You are welcome to tour our facility and/or observe a Group swimming lesson in advance. Whatever it takes to make the swimmer more comfortable!

**2020-2021 School Year Time Slots:** COVID-19 has placed some limitation on our programming, and therefore not as many ‘semis’ are offered. **Lesson times typically are: Friday nights 4:30pm-6:30pm; Saturday mornings, and Sunday afternoon. (days vary).** We run semis in cycles of 4-8 weeks; then we place those swimmers, and start the cycle again depending on our lane 1 openings. We do not like to start a cycle if we do NOT have any lane 1 time slots to place the swimmers after they graduate.

- **Lessons must be prepaid, and we accept: Cash, Check, or Paypal.**
- **Lessons are 30 minutes, and \$30 each.** (only 2 swimmers in each class).
- We like to schedule a tour in advance of families starting semis.
- Suit, Goggles, (cap for girls), and Towel are required for all lessons.

**Fees:** It’s best to schedule 4, unless your swimmer has had a lot of experience going under water!

- **3 Lessons** - \$110 total. The cost for each lesson is \$30, plus there is a \$20 registration annual fee.
- **4 Lessons** - \$140 total. The cost for each lesson is \$30, plus there is a \$20 annual registration fee.

**No credits or re-schedules for ANY reason.** Thanks for understanding.

**Let’s GET STARTED!**

**For Office Use Only**

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**Name:** \_\_\_\_\_

**Lessons:** \_\_\_\_\_

**Paid:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Notes:**

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