

Preparing for Swimming Lessons

What to Expect:

On the first day of class- Bring your happy swimmer to the Trails Club please check in at the front desk. Swimming lessons students will meet their instructors near the shade structure near the main pool. The instructor will then escort the class to the specific pool location where the lesson will be taught. The first few minutes of class the instructor will evaluate your child to make sure they are in the right class level. If the swimming lesson is not the proper level for your child we will make arrangements to move the student to the proper class. This may involve changing the time and is limited to space available in each class. It is our goal to make the assessment and transition to the right class asap. After the first day of class, when you arrive please go straight to the same area where your first lesson was taught. Your instructor will meet you there at the time of the lesson. Classes will be held at 10218 Scripps Trail, 92131. *(Unless child is participating in Adventure Park Swim Lessons which are held at the Aviary location.)*

What to Bring:

Swim suit- The rash guards are ok too.

Sunscreen- To help us keep our pools clean, please apply sunscreen at least 15 minutes prior to the start of the swim lesson.

Goggles- Goggles are not required. We do not provide goggles at our locations. If you have goggles please make sure that the goggles are adjusted properly prior to the lesson, as it takes time away from learning when the instructor has to stop to adjust goggles.

Towel - Don't forget one, we do not provide towels for members or guests.

Swim Diaper- Mandatory for children 4 years and younger. SRSRC sells swim diapers for \$1.50. Please make sure your child uses the restroom prior to the start of their class 😊.

What if my child is sick and cannot attend their swim class?

If your child is unable to attend class, please call us at 858-271-4231. The message will be relayed to the child's swim instructor. If your child is sick for more than 3 days of class they may be eligible for a makeup lesson **only** if a doctor's note is present.

Can non-members come early and stay after their lesson to swim?

No, as a private club we hope that non-members will enjoy the swimming lessons but not use the pools beyond the swimming lesson time. Non-members may arrive 10 min prior to their lesson and may not stay to free swim afterwards unless they are a guest of a member, and the member's guest pass is charged. This also applies to siblings who are not in lessons while their family members are.

Can parents stay and observe their child's swim lesson?

YES! Chairs and benches are available around the pool deck for the parents to observe the lessons. There are times when parents and instructors will have to discuss the anxiety level of some students and proceed with the parent withdrawing or if you desire resuming at another time in the future. Please seek out the swim lesson coordinator or director if you have any specific issues with ADD or any other concerns. Feel free to call prior to your lesson we will remain discreet and work with you in any way necessary to help your child to learn to swim.

If the weather is poor will lesson still be continued that day?

Yes, classes will only be cancelled due to weather if there is lightning.

Can I request a teacher?

You can make a request, and we will do what we can but due to instructor availability, instructor requests cannot be promised.

If my child will be only able to attend one week of the session, can I be pro-rated for the time he or she will not be in class?

Prorates will not be considered. Please plan accordingly around any vacations or days that your child will be out.

What if my child is too young or old for the level age requirement? Can I still sign up for the class?

When signing up for a class, the child must be in the age requirement by the first day of the class. This includes children older and younger than the age requirement for each level. You must have special permission from the Swim Lesson Coordinator or the Aquatics Director for your child to be moved up to the next age group before turning the age required.

If my child cries during the lesson and/or refuses to enter the water what should I do?

The first step when a child cries and or refuses to enter the water is to try to calm them down by choosing a toy that they like. If your child refuses to enter the water, the instructor will ask for you to leave the pool area and the instructor will bring the child into the water. If you are asked to leave the pool area, you may still observe the lesson but please do so in an area where the child cannot see you. If the child continues to cry the an assistant instructor, swim lesson coordinator, or aquatics director may intervene and try to calm the child down. If the child cries for half of the lesson, you may be asked to come again to the next class day to try again. As a parent it is your decision to make if your child is ready for swimming lessons or not. Often times once the child realizes that they will be coming to the lesson every day they show signs of calming down and cooperating. Every situation presents challenges and we are happy to work with you no matter what you decide, we are counting on working as an experienced team with the goal of teaching swimming and stroke technique to produce safe swimmers. Communication is paramount please contact us with any questions, comments, or concerns (858) 271-6222 x133.