

SWIM SCHOOL PROGRAM



Swim School Program Overview

Roaring Springs Waterpark strives to educate young learners in water safety by providing Swim School for ages 3-12. Parent Tot classes for younger children are also offered. Each class is 30 minutes and runs Monday through Thursday for two weeks, with make-ups on Fridays. New classes start every two weeks. You can check the swim school schedule [here](#).

Swim School classes focus on water safety through the instruction of swim strokes, safety tips for being around a pool, as well as developing social/emotional confidence in the pool. All Swim School Instructors are certified and trained to give your swimmer the tools they need to be successful. The student to instructor ratio is typically 3-6 swimmers per instructor. It is important to us that the instructors have the time to answer any questions and make connections with each learner they have. Upon completion of a swim school session, each swimmer earns a Roaring Springs PM Plunge ticket.

CLASS TIMES:

One Swim School session is two weeks (M-TH). Each lesson is 30 minutes long. Lesson times are below. Session dates can be found [here](#).

- 8:00 – 8:30 am
- 8:35 – 9:05 am
- 9:10 – 9:40 am
- 9:45 – 10:15 am

**PRICING CAN BE FOUND
[HERE](#)**



Your swimmer will learn what is posted in each level during the session. Swimmers must be able to perform all skills taught in the level below which you plan to enroll them for. If your swimmer is unable to perform the skills from the previous level in which they are enrolled, they will be moved down to an appropriate level. We want them to thrive and they are unable to do so when they do not have the stepping stones to get there.

There is a natural progression to the levels. All skills and techniques learned are minor parts of the five strokes and diving taught at Roaring Springs Swim School.

see level 5 for strokes/skills

LOCATION:

ALL levels will meet at the wave pool for check in. After checking in instructors will escort students to their designated pool. Lessons will typically take place in the wave pool (white water bay) however Double Trouble, Critter Crossing, and Bearfoot Bay will be utilized.

- Parent Tot - Bearfoot Bay
- Tadpole - White Water Bay
- Frog - White Water Bay
- Seal - White Water Bay
- Otter - White Water Bay
- Dolphin - White Water Bay

Swim School Levels

Level 0 - Parent Tot



- Getting into the water
- Back and front float positions
- Pulling, kicking and returning to the wall assisted
- Jumping in and breath holding
- Rolling from front to back
- Activities to get familiar with water

Level 1 - Tadpole



- Jumping into the water
- Back and front float positions
- Pulling, kicking and returning to the wall assisted
- Intro to front crawl
- Holding breath underwater
- Rolling from front to back assisted
- Activities to get familiar with the water

Level 2 - Frog



- Assisted front and back floats
- Front and back glides assisted to independent
- Kicking skills with flotation (flutter and whip)
- Retrieve object with eyes underwater independently
- Front crawl arms and legs assisted

Level 3 - Seal



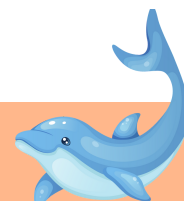
- Front and back floats independently
- Front crawl assisted
- Elementary backstroke assisted
- Intro to breaststroke arms
- Side breathing
- Kneeling dives independently
- Treading water with flotation

Level 4 - Otter



- Front crawl with side breathing assisted to independent
- Back Crawl assisted to independent
- Breaststroke assisted to independent
- Standing dives assisted to independent
- Treading water independently

Level 5 - Dolphin



- Front crawl—25 yards
- Back Crawl—25 yards
- Elementary backstroke—25 yards
- Breaststroke
- Introduction to butterfly
- Diving water technique
- Treading water technique
- Endurance swimming

THINGS TO KEEP IN MIND:

Lifeguards are on duty during lessons

All guests, including season pass holders, who are participating in the 10am Swim School Session must exit the park by 10:30, and re-enter when the park opens. Call our Programs department to register by phone at 208-884-8842 Ext 3009

To receive the season pass holder or a multiple lesson discount, please call us or register at the waterpark

If you are concerned your swimmer may get extra chilly in the water, we recommend sending them to lessons in a rash guard.

Roaring Springs Waterpark is an outdoor waterpark and while our pools are heated, we cannot guarantee ideal weather during the time of our lessons. If lessons are canceled due to inclement weather, make up sessions will be offered. If you are unsure, check your email for updates the morning of your lesson. If there is no update, please come to lessons.

We try to schedule siblings at the same time, or as close as possible



HOW DO I KNOW WHICH LEVEL TO PLACE MY SWIMMER IN?

When selecting a level for your swimmer, there are a handful of things to consider:

- 1. How consistently has my swimmer been in the pool since last summer?
 - a. Without regular practice, a skill becomes lost. Your swimmer may need refresher training on what they have been taught in the past. This is typical with any skill. On the first day of lessons, instructors will notify the coordinator if a level needs to be adjusted (up or down).**
- 2. At the end of last summer, what skills were they confident in?
 - a. This is always a great indicator of the level they should start in. Repetition is key in authentic learning. For example, if your child is an intermediate swimmer that passed level 4 at the end of last season but has not swam since then, level 4 is where they should start.**
- 3. How many sessions am I signing my swimmer up for?
 - a. Learning to swim is a process and we try to cater to the needs of each child enrolled in our lessons. Therefore, if you have signed your child up for multiple sessions this summer, it is always a possibility that they may need to stay in the same level in order to gain the necessary skills to progress through the strokes. In order to demonstrate growth and promote confidence in your swimmer, we recommend starting them in a lower level as it is always easier to move them up than it is down.**



INSTRUCTORS

Swim Instructors are nationally certified through Ellis and Associates. Instructors learn skills and techniques to create a safe learning environment for your swimmer. Instructors are passionate about what they do and are eager to share that with you. At the end of every lesson, the instructor will give you a quick update of your swimmers progress and anything to be aware of. Please be patient as there are many adults to check in with. There will always be a Swim School Coordinator available at the park during lessons if there are comments, questions, or concerns when your swimmers instructor is not available. Swim Instructors fill out a report card for your swimmer at the end of the session to celebrate all of their growth and hard work!