

# American Red Cross Specialty Wellness Classes Water Babies! , Water Skippers, Fitness Swimming

Hello –

Welcome to Binghamton University's Campus Recreational Services Specialty Wellness Program. We are excited to have you join us for another exciting semester of swimming. Below you will find a description of each of the [Aquatic Specialty Wellness Classes](#) that we offer here at Campus Recreation. These programs do not have a grade of pass / fail, however each student will be evaluated pre-class and post-class, if the individual chooses.

Note for parents: Please keep in mind that every child progresses at their own pace and pushing a child before they are ready to move could instill fear in them for life. Instructors are trained to recognize which students are ready for the next level and will do everything in their power to make each student a success. Repeating a level is not necessarily a bad thing. Most students have to repeat levels at least once before moving forward.

If you have any questions or concerns, please ask your instructor or contact Jennifer Dube at 777 – 4883 or [jdube@binghamton.edu](mailto:jdube@binghamton.edu).

## **Water Babies! Parent & Child Aquatics (ages 6mon. – 3yrs)**

American Red Cross Parent & Child Aquatics helps young children ages 6 months to 3 years become comfortable in and around the water so they are ready to learn to swim. It is **NOT** designed to teach children to become good swimmers or survive in the water on their own. Parent & Child Aquatics gives parents information and techniques to help orient their children to the water and to supervise water activities in a safe manner.

### Prerequisites:

- Child must be at least 6 months old
- Parent is required to accompany child in the water and participate in the class.
- This class is designed for children with no or very limited water experience.

### Health & Safety Concerns:

- Doctors recommend that children with a *fever, rash, diarrhea, any symptom of an infection, or any contagious illness* **NOT** participate in class. Infection is generally spread through direct contact and not through the water. However, germs can be spread in water.
- Every child **MUST** wear diapers with tight fitting rubber pants or specifically designed swim diapers that are less likely to leak. Parents are encouraged to check and change child's diapers often. Make sure to wash your hands frequently, especially after changing diapers.
- Practice good hygiene by not changing your child poolside as germs can spread to surfaces in and around the pool causing illness. Wash your child thoroughly, especially their bottom, with soap and water before swimming. Invisible amounts of fecal matter can end up in the pool.
- Any child with ear infections or tympanotomy tubes should follow the advice of their pediatrician. Parents are encouraged to seek advice before beginning a swim class.
- Avoid swallowing water or having pool water in your mouth. Young children should not be submerged more than three (3) times in a lesson during the initial learning phase, to avoid swallowing water and/or preventing a condition known as hyponatremia (water intoxication).

## **Teaching Infants & Young Children:**

- Each child is unique. Children learn motor skills at different ages. They learn at different rates and have different preferences. They are often affected by their parents' comfort in and around the water.
- Parents are required to participate in the water each class. Therefore, the instructor is acting more as a facilitator of parent-child interaction than an instructor to the child. The instructor will guide, instruct and provide positive corrective feedback to help parents as their children explore the water.
- Infants and young children learn best from "distributed practice", or lessons that use practice sessions with frequent rest periods. This style minimizes fatigue, gives time for the child to assimilate learning and helps to keep the child motivated and interested.
- Infants and young children may be fearful or reluctant to approach the pool, to work with the instructor, other adults or to enter the water. Some fears are related to developmental level. Parents should remain calm and patient with children and not force them to progress before they are ready. Parent's positive attitudes toward swimming may help their child be less afraid of the water. The instructor will assist in making the lessons beneficial and enjoyable.

## **Water Skippers – Pre-school Swim (ages 3-5 yrs.)**

This program is specifically geared towards the preschool aged child. All skills are comparable to a Level I program, however, the skills are taught using games and rhymes. Children enrolled in this class will learn some breath control. The child will learn to blow bubbles and be submerged in the water. The goal is to have them going fully under the water at least once each class. The child will not be submerged more than three times during a class. The child will learn to feel comfortable in the water with assistance from the instructor. The goal of this class is **NOT** to have the child swimming on his / her own. There is no pass / fail grade given for this class. Once the child is old enough for the American Red Cross Learn to Swim levels 1-5, he / she will be placed in the appropriate level at which he / she is swimming at that time.

## **Fitness Swimming (Adults)**

Fitness Swimming will enlighten students concerning the value of swimming as a lifetime fitness activity. The course will emphasize swimming laps and learning to get the maximum benefit from efforts. Specific areas covered are physiological principles; proper warm-ups; how to circle swim; turning; monitoring a workout via heart rate and/or the pace clock. Students must have swimming ability in order to participate. There will be some refinement of stroke; however there is a substantial portion of class time spent swimming laps for endurance

### **East Gym Facility:**

- Pool entrance is through locker room facilities. Participants should bring towels and change of clothes for after lessons. There are no designated "family" changing areas or diaper stations available. Please plan accordingly.
- If for any reason, classes have to be canceled, Campus Recreational Services will contact participants as soon as classes are canceled.
- There will not be lessons during school recesses as student instructors will not be on campus during those times.
- You may accompany your child to lessons and sit in the pool area during class (Water Skippers only, parents must swim during Water Babies).