



# Centennial Pool Association

## Swimming Lesson Parent Guide

**Winter 2025**





## **Welcome!**

The Centennial Pool Association is happy to welcome you to our Winter Season swimming lessons.

This Parent Handbook contains pool policies and helpful information about our lessons and aquatic programs.

Based on the Lifesaving Society's Swim for Life program our lessons focus on water based survival skills and proper swimming technique. Swim for Life starts by developing strong foundational and self-rescue skills and progresses by challenging swimmers to develop stronger swimming strokes.

### **General Information**

Centennial Pool Association Address: 1970 Gottingen St, Halifax, NS

Centennial Front Desk: (902) 490 - 4292 (registration is **in person or over the phone**)

**Classes will run on the following Sundays (9 weeks total):**

- **February: 2, 9, 16    March: 2, 16, 23, 30    April: 6, 13 (final lesson)**

**Classes will NOT RUN on:**

- **February 23    and    March 9**

### **Prices**

**Group: \$120 + HST**

**Semi-Private: \$150 + HST**

**Private: \$200 + HST**

**IMPORTANT: Centennial Pool only offers Swimmer Levels 3-9, Adult Beginner-Advanced and Semi-Private/Private classes.**



**While we will do our best to address any concerns as they arise please be aware that we are unfortunately unable to offer refunds, credits or makeup lessons for swimming programs.**

### **Program Size Ratios**

Our class size ratios are based on those recommended by the Lifesaving Society's Swim for Life Program. These ratios are for one certified instructor per class.

Swimmer Level 3-6 = 1 (Instructor) : 6 (students)

Adult = 1:5

Semi Private = 1:2

Private = 1:1

Swimmer 7-9 = 1:8

### **Program Expectations: What to Bring to Your Swim Lesson**

- Appropriate bathing attire: Bathing suit, swim trunks. NO UNDERWEAR ALLOWED
- Towel, Water Bottle and Goggles
- Lock: When storing items in the lockers during the lesson, we recommend bringing a lock to help secure your items. Centennial Pool Association is not responsible for lost or stolen items. We do provide lock boxes for personal items (such as a phone or wallet) if required.

### **Pick Up & Drop Off**

We ask that participants, parents, and guardians (18+ years) adhere to the following age policies:

- Participants who are 11 years of age and younger need to be accompanied by a parent/guardian to the pool deck. Parents are not allowed to stay on the pool deck \*unless authorized by the Aquatic Coordinator for inclusion and/or accessibility purposes. Parents are required to stay on site for the total duration of your child's lesson
- Participants ages 12 years and older can enter the building without a parent/guardian.

### **Viewing Areas**

The designated viewing area is up the stairs near the front desk to our bleachers above the pool deck. Parents are not permitted on the pool deck\*.



## **Change Rooms**

Our Family/Universal, Men's and Women's Change Rooms will be available for swim lessons.

## **Participant Expectations**

All programs take place in a busy aquatic environment where the safety of all participants is our priority. If safety is ever at risk a lifeguard and/or swim instructors have complete authority to remove a participant from the pool.

## **Behavioural Guidelines Respectful Language**

- Profanity and foul language will not be tolerated.
- Verbal harassment/bullying of any kind will not be tolerated. If these behaviors are continuous and/or excessive the participant may be removed from Aquatic Programs at the discretion of the Aquatic Coordinator in consultation with parents and management.

## **Respect for Property**

- Please respect other participants' belongings.
    - Respect the facility and signs posted around the building
- Centennial Pool Association is not responsible for lost or stolen items**

## **Providing a Safe Space**

- Participants should be aware of others' personal space and boundaries and respect them when others verbalize their limits
- Cooperative and respectful participation in program activities is required.
- Participants will follow pool deck policies, and the directions of Centennial Pool Staff at all times.

**NOTE:** The following guidelines may be used if a child is unwilling to participate or cooperate while in swim lessons

- Limits will be set and enforced consistently and fairly.
- A brief break period may sometimes be required when a participant is distraught and/or emotional. The participant may be removed from the activity for a period of quiet time to cool down. They will remain under supervision and will not be placed outside program parameters
- Reinforcement of positive behavior will be used but staff reserve the right to say no in accordance with our policies and procedures.
- Staff will assist participants in resolving minor conflicts that arise and redirect participants to another activity before issues may occur.
- Parents will be contacted if behavioral problems persist

A participant will be removed from the Aquatics Program for the day or session if excessive and inappropriate language, harassment, or bullying is continuous. The next course of action taken will be at the discretion of the Aquatic Coordinator.



## Disciplinary Guidelines

Participants who continue to disrupt aquatic programs, are disrespectful to other participants or staff, or bullies others after the above corrective measures have been taken to stop or deter inappropriate behaviour, will be subject to the below consequences.

These will be issued at the discretion of the Aquatic Coordinator and will be discussed thoroughly with parents/guardians.

**First Warning:** The participant will be taken aside and spoken to about their behaviour. It will be explained that the behaviour must not continue, why it is not acceptable during programs, and further consequences if the behaviour continues. At the end of the lesson parents/guardians will be made aware that a verbal warning was issued.

**Second Warning:** If the same behaviour continues, the child will be removed from the program to discuss with the Aquatic Coordinator and a parent/guardian why the unacceptable behaviour is continuing. This meeting will be documented. The parents/guardians will be required to sign off to acknowledge that a staff member spoke with them about their child's continued behavioural challenges.

**Final Warning/Dismissal:** After the above attempts have been made to address the behavioural concerns of a participant, the participant will be removed from the program. This will occur after a meeting with the Aquatic Coordinator, the participant and/or the participant's parents/guardians. A refund will not be given for the remainder of the session, Depending on the severity of the inappropriate behaviour, the participant may not be allowed to participate in future activities and/or programs.

**Automatic Dismissals:** Should a participant partake in any of the following types of behaviour, immediate dismissal from the program may occur. Participants may be automatically dismissed for any other extreme behaviour that staff deems unacceptable and unable to be corrected:

- Physical violence/harassment/bullying. Less serious incidents will be dealt with using the above-mentioned disciplinary methods, but in extreme cases, automatic dismissal may occur.
- Violent and inappropriate language directed at any participant or staff.
- Drugs (unless otherwise prescribed by a physician) and alcohol of any kind consumed before or during any program.



## **Aquatics Centre Guidelines**

Pool Deck Policies Please help us to maintain a safe and clean pool deck for everyone by remembering these few rules:

- Dangerous practices are prohibited. Patrons must not run on the pool deck; dive in shallow water ; dunk, push, pull or unnecessarily splash other swimmers.
- Instructions and emergency procedures from lifeguards must be followed. Swimmers must leave the pool area immediately upon hearing a triple whistle blast from a lifeguard.
- Outdoor footwear and clothing are not permitted on the pool deck.
- Proper swim attire is required. Cut off shorts, underwear, sports bras, boxers and loose-fitting clothing are not acceptable swimwear.
- Food, beverages, or any breakable items are NOT permitted in the pool area. Please discard chewing gum in the garbage receptacle before entering the pool.
- Personal toys (including puddle jumpers and mermaid tails), monofins, snorkels, and/or aquatics masks are NOT allowed. Should you or your child need flotation support for the pools, we have life jackets, PFDs, and flotation belts onsite, simply ask a lifeguard.
- All patrons MUST rinse off before entering the pool. Persons with open cuts, sores, bandages, colds, coughs or infected eyes are NOT permitted in the pool.
- Spitting, spouting or nose-blowing in the pool is strictly prohibited.
- Animals are not allowed in the building or pool area, with the exception of licensed service dogs. Licensed/Certified service dogs are allowed on deck, but not in the water.
- The use of camera/video enabled devices is strictly prohibited anywhere at the pool

### **Lost & Found**

It is your responsibility to keep any belongings together and safe, either keeping them with you or making use of our day use lockers. If you have lost an item please contact the front desk.

### **Questions?**

Still have questions about our swimming lesson program? Please contact our front desk. Registration is in person only.



## Parent Guide Lesson Descriptions - Swim for Life @ Centennial Pool

*The Lifesaving Society's 6-level Swimmer program makes sure your children learn how to swim before they get in too deep. Swimmer progressions accommodate children Swimmer 3 (Age 6+) as well as swimmers who want to build on the basics (adults). We stress lots of in-water practice to develop solid swimming strokes and skills. We incorporate Lifesaving Society Water Smart® education in all Swimmer levels. 30 minute lessons.*

**Swimmer 3: (Recommended ages 6-10)** These junior swimmers will dive, do in-water front somersaults, and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.

**Swimmer 4:(Recommended ages 7-10)** These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing.

Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.

**Swimmer 5: (Recommended ages 8+)** These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.

**Swimmer 6: (Recommended ages 8+)** These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complain about the 300 m workout.

### Swim Patrol

*Swim Patrol: The Lifesaving Society's 3-level Canadian Swim Patrol program provides enriched training for those who want to develop swim strokes and skills while having fun in the challenging world of lifesaving. Swim Patrol develops swimming strength and efficiency with emphasis on Water Smart® behaviour. Skill drills enhance capability in the water, good physical conditioning and lifesaving judgment. 45 minute lessons*

*Swimmer 7/Rookie Patrol: (Recommended ages 9+) Swimmers continue stroke development with 50 m swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.*



Swimmer 8/Ranger Patrol: **(Recommended ages 10+)** Swimmers develop better strokes over 75 m swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

Swimmer 9/Star Patrol: **(Recommended ages 11+)** Swimmers are challenged with 600 m workouts, 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defense methods, victim removals and rolling over and supporting a victim face up in shallow water.

### **Adult Program Overview**

*Whether you're just starting out or just want help with your strokes, our Adult program is for the young at heart – no matter what your age. Set your own goals. Work with certified instructors to learn to swim, or improve your current swimming ability and water fitness. You won't be going to the Olympics, but you'll develop water confidence and smooth recognizable strokes good enough for lane swimming and fit enough for the beach. 30 min lessons.*

Adult 1: **(Ages 16+)** You'll work towards a 10–15 m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with 4 x 9–12 m interval training.

Adult 2: **(Ages 16+)** Kick it up a notch working on two interval training workouts of 4 x 25 m kicking and front or back crawl. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10–15 m. You'll be supporting yourself at the surface for 1–2 minutes.

Adult 3: **(Ages 16+)** You'll learn eggbeater, stride entries and compact jumps. You'll be doing a 300 m workout and sprinting 25–50 m. You'll master your front crawl, back crawl and breaststroke.