Vanderbilt Swim School

SPRING 2016: GROUP LESSONS

VSS Policies

- A no call, no show will result in a loss of a lesson.

- Before the lesson begins, please sit on the shallow end pool deck bleachers. **Swimmers are not allowed on the pool stairs or in the pool before lessons.**

- A parent or guardian must either be on the pool deck or patio area for the **entire** duration of every lesson.

- Please don’t interrupt the instructor while teaching the lesson. We allow a few minutes at the beginning and end of each lesson for you to talk with the instructor about how your child is doing.

- Your child should be ready to swim by the start of his/her lesson. If possible, bring your child to class dressed in his/her bathing suit.

- Children who are not toilet trained must wear swim diapers.

- Please note children 4 years old and older are not permitted in the locker room of the opposite gender. They may change in the family changing rooms.

- Children must be under the direct supervision of a parent or guardian while they are in the VRWC. Please do not leave the pool deck during your child’s lesson.

- Food and drink are prohibited on the pool deck, but allowed on the patio area (no glass).

- During inclement weather at Vanderbilt University in Davidson County (tornado, tornado warning, and lightning storm), the lifeguards clear the pool until it passes. Please see Pool Closure Policy.

- An VRWC membership is required to use the pool other than participating in VSS swim classes. Membership information can be obtained at the WRWC front desk or by calling 343-6627.

Helpful Hints:

- It is very common for beginning swimmers to dislike getting their faces and ears wet, and to be uncomfortable swimming on their backs. One of the main goals at the beginning levels is to help children become comfortable going under water and floating on their stomach and back.

- Children who have not consistently practiced since last summer may show signs of regression in skill level. They will need some time to get reacquainted with the water the first several days of class.

- Children progress at their own pace. A child’s progression depends upon previous swimming experiences, age, strength, and level of comfort in the water. Remember that swimming skills, like learning how to play a musical instrument, are difficult to master and require multiple sessions of lessons to learn. Please be patient.
CLASS INFORMATION

- On the last day of class, every child will receive a ribbon of participation with suggestions for what level they should enroll in next.
- Parent surveys will be emailed.
- If you have any concerns, please notify the VSS on deck supervisor.

PARKING

2 hour open parking is available on Children’s Way closest to Natchez Trace. Patrons parking on Children’s Way will access the center through the front doors by 25th Ave or Natchez Trace. The Office of Campus Recreation will not be responsible for ticketing and / or towing fees.

POOL CLOSURE/MAKE-UP POLICY

Make-up lessons will no longer be offered! Sessions are offered at a buy 4 get 5 rate, allowing you to come to as many lessons as you can with your schedule. Because we are offering one free lesson, make-ups will no longer be scheduled. In the event of pool closure, make-ups will also not be scheduled.

If a class is cancelled 15 minutes or more into the lesson, the lesson will not be made up.
If more than 1 class is fully cancelled due to bad weather or other pool closures, a voucher/ refund will be provided for the remaining cancelled classes.
The Vanderbilt Swim School Staff will determine all cancellations. Cancellations can be made on short notice without direct notification to you. Please call (615)343-6627 for updates. Please remember that inclement weather may not be occurring in all parts of the city at the same time. Email blasts may be sent out regarding weather updates.

REFUNDS, TRANSFERS, RESCHEDULING, AND CANCELLATIONS

- **Refunds**: Refunds will be issued only if more than one class was cancelled in a session.
- **Transfers**: If you want to transfer to another week and / or time once registered, there will be a $15 transfer fee. Please let a supervisor know ASAP if you’d like to transfer your child to a different level. If you have already registered for a future lesson and your child is recommended to “move up,” you MUST contact us about making that change. We will not move children based on our recommendation alone.
- **Cancellations**: If session is cancelled at least ten business days prior to the start date, a refund, less a $25.00 cancellation fee, will be provided.
- **Rescheduling**: Group lessons will not be rescheduled due to a missed lesson. Please do not bring your child if they are sick.

About the Instructors

- Instructors have previous teaching experience and training.
- Instructors have daily lesson plans, goals, and objectives for your child.
- All Instructors have passed a background check.

About the Pool

- The Certified lifeguards are on duty during all swimming lessons.
- The multipurpose pool is constantly monitored and maintained at 81-83 degrees Fahrenheit.
- The pool deck air temperature is maintained at 81-82 degree Fahrenheit.
- To control the humidity level in the locker rooms, the temperature is maintained at approximately 70 degrees Fahrenheit.

What to Bring

- Bathing suit
- Towel(s)
- Goggles (optional) (may not cover nose)
- Swim cap (optional)
- Pony tail holder (recommended for children with long hair)
- T-shirt / Neoprene Shirt / Vest (optional to help stay warm)

How to Contact the Coordinators

Email: swimschool@vanderbilt.edu
Phone: (615)322-SWIM (7946)
Website: http://www.vanderbilt.edu/recreationandwellnesscenter/youth/swim-school/
**Helpful Hints:**

- It is very common for beginning swimmers to dislike getting their faces and ears wet, and to be uncomfortable swimming on their backs. One of the main goals at the beginning levels is to help children become comfortable going under water and floating on their stomach and back.

- Children who have not consistently practiced since last summer may show signs of regression in skill level. They will need some time to get reacquainted with the water the first several days of class.

- Children progress at their own pace. A child's progression depends upon previous swimming experiences, age, strength, and level of comfort in the water. Remember that swimming skills, like learning how to play a musical instrument, are difficult to master and require multiple sessions of lessons to learn. Please be patient.

**VSS Policies**

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- Before the lesson begins, please sit on the shallow end pool deck bleachers. Swimmers are not allowed on the pool stairs or in the pool before lessons.

- A parent or guardian must either be on the pool deck or patio area for the entire duration of every lesson.

- Please don’t interrupt the instructor while teaching the lesson. We allow a few minutes at the beginning and end of each lesson for you to talk with the instructor about how your child is doing during your child’s lesson.

- Your child should be ready to swim by the start of his / her lesson. If possible, bring your child to class dressed in his / her bathing suit.

- Children who are not toilet trained must wear swim diapers.

- Please note children 4 years old and older are not permitted in the locker room of the opposite gender. They may change in the family changing rooms.

- Children must be under the direct supervision of a parent or guardian while they are in the VRWC. Please do not leave the pool deck.

- Food and drink are prohibited on the pool deck, but allowed on the patio area (no glass).

- During inclement weather at Vanderbilt University in Davidson County (tornado, tornado warning, and lightning storm), the lifeguards clear the pool until it passes. Please see Pool Closure Policy.

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- A parent or guardian must either be on the pool deck or patio area for the entire duration of every lesson.

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- Parent surveys will be emailed.
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- **Cancellations**: If session is cancelled at least ten business days prior to the start date, a refund, less a $25.00 cancellation fee, will be provided.
- **Rescheduling**: Private lessons can be rescheduled in the event that you call IN ADVANCE and provide a reasonable excuse, including illness. **Please do not attend if your child is sick.** Forgetting a lesson will not result in rescheduling.

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