



FREQUENTLY ASKED QUESTIONS

- ***DO YOU HAVE TO BE A MEMBER TO PARTICIPATE?***
No, you do not need to be a member of Lakeshore to participate. Non-member children pay a 25% premium to participate in this program, per club policy. In order to receive member pricing, the program participant must be active on a member account.
- ***WHY DO YOU REQUIRE EVERYONE TO WEAR A SWIMAMERICA SWIM SUIT?***
We have found that fashion style swim suits tend to hinder a child's progress in learning to swim. Boy's swimming trunks tend to be baggy, hold a lot of water, and get in the way of learning to kick effectively. Girl's swim suits with any kind of skirt have the same issues. Additionally, two-piece suits tend to shift, come untied, and in general are difficult for the coach to work around while teaching your swimmer. The SwimAmerica swim suits are made of durable polyester material that we have seen passed down within the family for multiple kids. These suits will probably last longer than your swimmer will fit in them.
- ***HOW SHOULD I CARE FOR MY SWIM SUIT AND EQUIPMENT?***
We recommend rinsing all your swimming equipment in cool water after each lesson and hanging to dry. Use of soaps, detergents, and heated drying is discouraged as this can decrease the life expectancy of the materials.
- ***HOW DO I KNOW WHAT LEVEL MY CHILD IS?***
On your first day of lessons, your swimmer will be put with a coach and evaluated for their starting point in the program. Once they are placed in a station, they will go to the same station each lesson until they demonstrate the skills to advance.
- ***WHAT HAPPENS IF I MISS A LESSON?***
We offer multiple dates each session for make-up lessons. These are on Sunday afternoon and by reservation only; listed in the registration information. Emails are sent out to remind program participants of approaching make-up lessons.
- ***WHAT DOES THE RINGING OF THE BELL MEAN?***
A swimmer gets to ring the bell after the Site Supervisor or Program Director have evaluated their skill proficiency and decided they are ready to advance to the next station.
- ***WHAT ARE YOUR CLASS RATIOS?***
Our GENERAL rule of thumb, is that the station number is the student/coach ratio. For example Station 3 is targeted as 3 swimmers/coach while Station 4 is targeted to be 4 swimmers/coach. There maybe times where these ratios are modified for various reasons.
- ***WHAT AGES DO YOU TEACH?***

We accommodate all ages and abilities in our various programs. For those ages 9 months through 3 years we encourage you to start in our AquaShrimps program. SwimAmerica is geared towards swimmers 3 years to 12 years. Older swimmers and those with special needs may be encouraged to take private or semi-private lessons. Lakeshore reserves the right to modify and adjust these guidelines as necessary for the overall benefit of the program.

- *WHAT IS THE DIFFERENCE BETWEEN STROKE SCHOOL AND PRE-COMPETITIVE?*
Stroke School is a stroke clinic that is geared towards those wishing to remain eligible to compete in the Boulder Valley Summer Swim League but wanting to stay in the water during the off season. This group is focused on continued stroke development. The Pre-Competitive program is not BVSSL legal due to being conducted by a year-round swim coach and the association with the Lakeshore WhiteCaps Swim Team. Participants in this program are invited to compete with the WhiteCaps at various meets throughout the year, and are encouraged to join the team once they have learned the basics skills and etiquette necessary for their success on the team.
- *CAN I REQUEST A PARTICULAR COACH?*
While we strive to be as consistent as possible in who your swimmers' coaches are lesson to lesson, we do not guarantee the same coach lesson to lesson due to program dynamics. If you desire a single coach, we are happy to get you matched up with them in private swim lessons outside normal class times.
- *HOW CAN I HELP MY CHILD PROGRESS?*
We generally recommend that all you do is to take them swimming for fun. While we know you want to play a role in your child's progress, our experience has been that when parents attempt to mimic the coaches or teach their kids while they are in lessons with us, the swimmer just gets confused and conflicting feedback. Kids will learn more than we tend to give them credit for just by playing. In swimming we think of three separate and distinct roles- swimmers swim, parents give them the support and opportunity to swim, and coaches coach. When the lines blur between the three roles the child tends to struggle.
- *HOW SOON WILL MY CHILD LEARN TO SWIM?*
There is no "standard" rate of learning to swim. This is a very complex skill set that incorporates breathing, complex motor skills, psychological development, etc. We like to relate learning to swim to learning to walk and talk- it takes time, no two kids do it the same way, and when you pressure progress it tends to backfire. SwimAmerica considers someone to have learned to swim once they are capable of swimming 300 yards (12 lengths) of freestyle and having a basic understanding of the four competitive strokes (butterfly, backstroke, breaststroke, and freestyle).
- *WHY DO YOU REQUIRE GOGGLES IN ALL LESSONS?*
We have found that this allows us to overcome one of the initial barriers to learning to swim- water in the eyes. We have found that if we can get them to enjoy the water, this is much less of an issue to address after they have learned a few basic skills. While you can buy your goggles elsewhere, keep in mind that they need to fit the child well and be comfortable. We sell a brand of goggles that kids love and are reasonably priced.