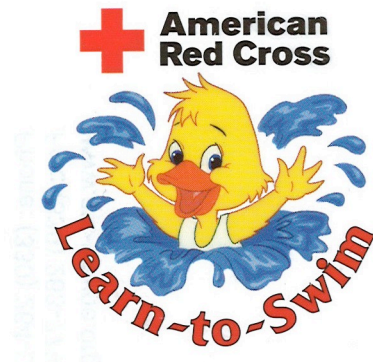


The Aquatic Academy Of Pearland



2012 - 2013
Handbook

Introduction & Mission

Welcome and thank-you for choosing The Aquatic Academy for your water safety instruction. The Aquatic Academy is a family owned operation. Our mission is to bring affordable aquatic instruction to families and individuals.

Owner / Instructor

Charyl Teal has been swimming since the age of 3 and joined her first swim team at 5. During that time she swam nearly everyday with her 2 brothers & 2 sisters as well as countless neighborhood friends. Our family tradition is learn to swim, swim competitively, and become a lifeguard/instructor.

At 16, Charyl gained her first Lifeguarding Certificate followed by her Water Safety Instructor, First Aid / CPR, and Pool & Beach Management certifications. For the next 10 years, Charyl worked for the City of Columbus, Easter Seals of Ohio, The Ohio State University, and the YWCA of Columbus. She coached Swimming & Diving teams and taught nearly one thousand people with varying skill levels how to swim.

After getting a Bachelors of Science in Computer Engineering Technology, Charyl started a family. Not wanting her children to miss out on the joys of swimming, Charyl began teaching her children & neighbors how to swim.

This was the birth of The Aquatic Academy. Charyl continues to bring her love of swimming to others, while making them safer in the water.

Instructors

As an American Red Cross Provider, we contract Learn to Swim, First Aid, CPR/AED & Lifeguard instructors who have completed American Red Cross training.

Facilities

The Aquatic Academy primary location is a personal residence backyard swimming pool. The shallow end is 4ft, and there are several wide steps for standing. The restroom is available for use. Feel free to change in the storage room adjacent to the pool area. Please be sure to supervise all children before and after their lesson. Reservations for babysitting may be requested 24 hours prior to your scheduled class time. Babysitting is \$5 per child per ½ hour. Please no glass or running in the pool area.

Additional Location(s): The Aquatic Academy rents pool space from local hotels and public facilities. All rules and regulations of each facility must be followed. The Aquatic Academy students are NOT guests of the hotels or members of the health club. All questions regarding classes must be directed to The Aquatic Academy. Towels, coffee, games, and non-aquatic equipment is not available for use. Please no glass, shoes, or running in the pool area.

Parental Supervision

We require a parent/guardian to maintain direct supervision of all children under the age of 16 at all times. The parent/guardian must remain in the facility. In case of a medical emergency, parents must be immediately available.

Registration and Tuition Fees

There is an annual \$25 non-refundable registration fee per family. Classes are guaranteed once tuition is received. Tuition is paid on or before the first day of the session.

Payments accepted via cash, checks (payable to The Aquatic Academy) or credit cards. Credit cards processed over the phone (not swiped) will incur a 2% processing fee.

Course Cancellations

Should you need to cancel a course on or after the start date, you may be issued a prorated refund or credit based on unused class time. Refunds will be made in the manner of payment received.

Liability Release

Neither The Aquatic Academy or its landlords shall be liable for any claims, demands, injuries, damages, action or causes of action whatsoever, to person or property arising out of or connected with the use of any of the services or facilities of the premises.

Hours of Operation

Monday – Friday 8 AM – 8 PM, & Saturday 8 AM – 1 PM

Spring & Summer Season (April – September): \$72

A 3-day session consists of 6 classes held Mondays, Wednesdays & Fridays. A 2-day session are 6 classes held Mondays & Wednesdays or Tuesdays & Thursdays. Weekly Friday or Saturday classes are also available.

Fall & Winter Season (September – November & January – March): \$96

Fall & winter sessions are 8 classes held once a week, Mon. – Thurs. & Sat.

Spring Break Camp (March): \$60

A week long jump start to swimming, classes are held each day Mon. – Fri.

You CAN Learn To Swim Camp (June – August): \$150

2-Week Swim Camp & First Aid for Kids course. Ages 4 – 15.

Monday – Thursday 8, 30-minute water classes. 1 PM – 4 PM

First Friday of each session 1.5 hour First Aid for Kids class. 1 PM or 2:30 PM

Group Lessons

Group classes are \$12 per 30 minutes. The class size is no more than 6 students per instructor. Saturday Group lessons are \$15 per student per 30 minutes.

Private Lessons

Private lessons are \$25 per 30 minutes. Saturday private lessons are \$35 per 30 minutes. Private group lessons are \$15 per student per 30 minutes.

Family Swim Lessons

Private Group lessons for your family. \$65 per 45-minute class. This covers 4 persons. \$5 per person over 4, maximum 6 people. Children under 2 require a non-student guardian in the water. These classes are available on Friday & Saturday during the Summer season.

Swim Team Readiness (April – May): \$60 Group, Private Clinic \$120

- Pool time & techniques to gear up for a triathlon or swim team
- Participant must supply swim suit, goggles, towels

Water Aerobics are \$15 per 45-minute class. 15 classes may be prepaid for \$150. Two people are required for classes to be scheduled.

Mobile Classes are held at your pool or facility. Please see handout on Mobile Class prices & policies.

Water Safety Seminars are \$25 per adult. A child friendly version is available for \$20 for children ages 4 – 15. This is great for schools and day cares.

- Information Compiled from American Red Cross, USA Swimming, Make A Splash & over 25 years of experience
- Safety Manual (adults), and Activity Sheet (children)
- Classroom setting, no swimming
- Free for Schools, Boy Scouts & Girl Scouts (scouts include water sessions for merit badges, & belt loops)

Inclement Weather

If there is lightening in the area, your outdoor class will be delayed for 30 minutes, after which, classes may resume. Classes will not be delayed for rain only. Weather cancelled classes may be rescheduled. Please call for availability and time slots. If you are unable to make up a class, your account will be credited for each weather-

cancelled class. A rain day is a perfect day for a safety lesson. If you do arrive and we are unable to swim, a safety lesson may be given.

Missed Classes

If you need to miss a class for any reason, give a 24-hr notice to be eligible for a make-up. Please call for availability and time slots for your make-up class. We are unable to refund missed classes. Please make up all classes within 2 weeks.

Preparing for Class

- Please be at the pool ready to swim 5 minutes before listed class start time.
- Wear a snug fitting swimming suit.
- Children that are not potty-trained should be dressed in a swim diaper plus snug plastic pant. Disposables alone are not enough to capture what's inside.
- While eating before swimming will not give you cramps, small children who have sensitive gag reflexes may spit up during class. To avoid accidents, limit food, especially milk ½ hour prior to lesson.
- Apply sunscreen 30 minutes before class.
- Bring towels, change of clothes / diapers.
- Leave anything you don't want to get wet in the car or at home.

Course Descriptions

The goal of the following courses is to teach the following swimming skills categories:

- Water Entry & Exit
- Breath Control & Underwater Swimming
- Buoyancy
- Changing Directions and Position
- Treading Water
- Swimming on Front, Back, and Side
- General and Personal Water Safety & Helping Others

Bubble Babies (Parent & Child Aquatics): Parents are in the water with their child at every lesson.

- Ages 6 Months - 36 Months
- Increase knowledge of water safety and practices
- Provide an opportunity for water adjustment and swimming readiness skills
- Use play as a basic form of learning and provide fun and enjoyment in the water
- Encourage participant socialization
- Provide parental involvement in the learning process and reinforce the parent's role in the child's learning
- Submerge mouth, nose, ears & eyes*
- Back Float*

*Most Children will take 6 - 8 weeks to perform these tasks at this age.

Water Tots (Preschool Aquatics): Ages 3 – 5 years old

Level 1: The Aquatic Environment – Orients children to the aquatic environment and helps them gain basic aquatic skills.

Level 2: Aquatic Comfort

Required to Pass:

- Step from pool side into chest-deep water, move into a front float for 5 seconds, roll over to back float, return to standing position, then move to a back float for 5 seconds and return to a standing position
- Push off and swim using a combination of arm and leg movements for 15 feet on the front, push off and swim using a combination of arm and leg movements for 15 feet on the back.

Level 3: Basic Water Skills – Moving through the water.

Required to Pass:

- Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing, maintain position by treading or floating for 30 seconds and swim back crawl 15 yards

Water Kids (School Age Children), & **Adults** uses American Red Cross Learn-to-Swim Program:

Level 1: Introduction to Water Skills – Helps participants to feel comfortable in the water.

Level 2: Fundamental Aquatic Skills – Gives participants success with fundamental skills.

Required to Pass:

- Step from pool side into chest-deep water, move into a front float for 5 seconds, roll over to back float, return to standing position, then move to a back float for 5 seconds and return to a standing position
- Push off and swim using a combination of arm and leg movements for 15 feet on the front, push off and swim using a combination of arm and leg movements for 15 feet on the back.

Level 3: Stroke Development – Builds on the skill in Level 2 through additional guided practice in deeper water.

Required to Pass:

- Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing, maintain position by treading or floating for 30 seconds and swim back crawl 15 yards

Level 4: Stroke Improvement – Develops confidence in the skills learned and improves other aquatic skills.

Required to Pass

- Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling), and swim elementary backstroke for 15 yards
- Swim breaststroke 15 yards, tread water for 1 minute, swim back crawl 25 yards

Level 5: Stroke Refinement – Provides further coordination and refinement of strokes.

Required to Pass:

- Perform a shallow dive into deep water, swim front crawl 50 yards, maintain a back float position for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards
- Swim Breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

Level 6: Swimming and Skill Proficiency – Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options that focus on preparing participants for more advance courses or other aquatic activities, such as competitive swimming or diving.

- Personal Water Safety

Required to Pass:

- Jump into deep water, survival float for 5 minutes, roll onto back and demonstrate a back float for 5 minutes
- Demonstrate a feet-first surface dive and retrieve an object from a depth of 7 feet, return to the surface and swim to the starting point

- Fitness Swimmer

Required to Pass:

- Perform the Cooper 12-minute swim test and compare with pre-assessment results

- Fundamentals to Diving – Not available at The Aquatic Academy’s main location, an alternate location can be used.

Frequently Asked Questions

When is the best age to begin swimming lessons?

Just like learning to read or ride a bike, children need a certain amount of mental and physical development to perform various tasks. Start them as early

as 6 months. This decreases the amount of built up water fear, and they can begin to learn water safety. If your child is older, today is the best age to start!

What causes fear of water?

- Being raised by parents who are afraid of the water; Verbal and non-verbal fears are transferred
- Being raised in an environment that prevents childhood water play
- Being forced into aquatic activities beyond your ability or comfort level
- Being carelessly handled in aquatic situations
- Being involved in or witnessing a traumatic water accident
- Having a fear of the unknown or general fear of new experiences

How do I reduce fear of water?

- Provide enjoyable, non-threatening aquatic experiences that are simple and fun to build confidence and success
- Arrange for regular, continued contact with aquatic environments (bath tub play time counts)
- Select safe aquatic environments and supervise all water play
- Treat water mishaps sympathetically, but do not alarm your child
- Be aware of facial expressions and choice of words so that you do not signal panic or fear
- Try using goggles
- Teach your child respect for the water and water rules without implied threats or fear
- Lead by example

What if my child or I already have a fear of water?

There's hope! We will respect your feelings. We will progress slowly while we reassure you that water is indeed your friend. We recommend a few private lessons before group lessons. If you can, utilize Saturday Family Swim to get the whole family feeling comfortable together.

- Provide plenty of time to adjust to the new setting
- Concentrate on activities which are comfortable
- Exposure to others having fun in the water
- Enjoy the water with your child

How many lessons will it take to learn how to swim?

Everyone learns at their own pace, but with consistent attendance 6 – 8 weeks is required for completing course objectives for very small children. School age children and adults without fears can pick up new skills every lesson. To swim independently, 2 – 6 sessions may be required based on start level and age. Please note that at the beginning of the swimming season, children generally need 1 – 2 sessions to regain previous aquatic skills.

How many levels should I complete? Will I be “drown proof”?

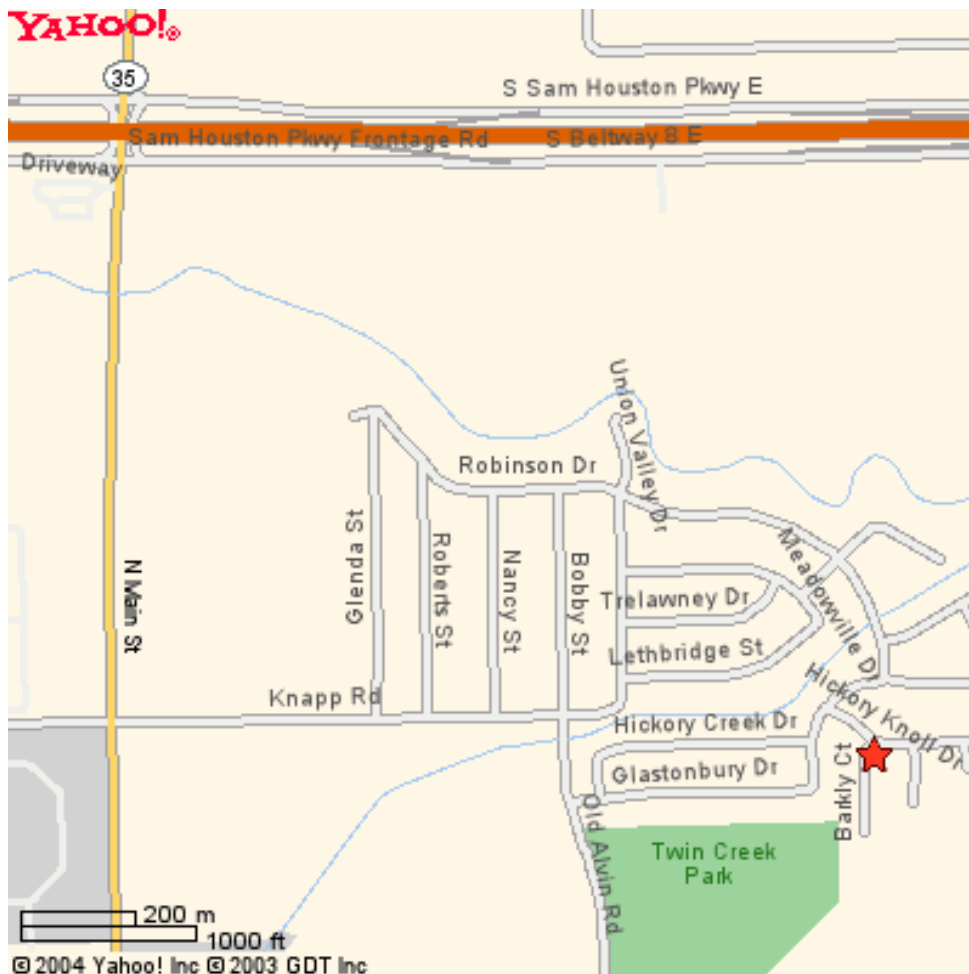
We recommend all 6 levels of the American Red Cross programs or their equivalent. The skills provided at each level give students the power to have fun, get fit, and be safe in aquatic situations. There’s no such thing as “drown proof” unless you grow gills. Swimming lessons give people the tools they need to reduce their chances of water mishaps.

Do I need water wings, swim rings or other inflatables?

No. Please leave those for recreational time at public pools and water parks. Most inflatables are not U.S. Coast Guard approved and should not be relied upon for life saving measures. During swimming lessons, they hinder the progress of learning the skill of buoyancy. Buoyancy is key for all swimming and floating skills.

How do I locate The Aquatic Academy?

Please use the map below. MapQuest and Yahoo Maps incorrectly show a stream as a street.



Mobile Lesson Prices & Policies

1. Be sure to call The Aquatic Academy or your instructor immediately if you need to adjust your time. Reschedules can be made with at least 24-hour notice by calling your personal swim instructor or The Aquatic Academy. Rescheduling without 24-hour notice may forfeit the lesson(s) with exceptions to documented medical excuses. It is not fair to an instructor's scheduling to be informed of cancellations with a few hours notice. Note: Your regular instructor may not be available at alternate times.
2. A parent or guardian of at least one of the students of the group must be at the lesson location if a student is a minor.
3. Pool temperature: For children's swim lessons, the U.S. Swim School Association and the Red Cross strongly suggest a pool temp of 88° or higher. Learning is so much more effective in warm water, and we want you to get your money's worth! Pool temperature at 86° will feel lukewarm to the touch, lower than 84° will not be allowed. Pool temperature and pool maintenance are the responsibility of the host pool. You will be charged for lessons canceled without proper notice for this reason. It is at the discretion of the instructor and office to cancel or cut short a lesson if pool temperature or an unsanitary pool may affect the health of the participants. Please call The Aquatic Academy if you may find difficulty meeting this policy. Tip: For about \$80, Leslie's Pool Supply stocks a light weight pool solar blanket, which typically raises the temperature of an unheated pool by 10–15 degrees!
4. For group lessons if any child is absent while the lesson takes place, the lesson time is lost for the absent child, unless all members of the group decide to cancel that lesson, and with proper notice.
5. **Prices.** 30–Minute Private lessons are \$40. 30–Minute Group lessons are \$25 per student. 45–Minute Group lessons are \$35 per student. All group lessons have a minimum of 2 students, and a maximum of 6 students. For group lessons, children under 2 must have guardian present in the water.

Emergency Action Plans

Severe Weather – Classes will be postponed or cancelled if thunder is in the area. Classes may resume in 30 minutes.

Fire – Clear pool area, call 9-1-1. Account for all participants by the mailbox.

Aquatic Emergencies – Clear pool area. Have onsite or visiting adult call 9-1-1. Listen to instructor or onsite adult for information. Provide first aid.

Injuries (In & Out of Water) – Report to instructor or onsite adult. Call 9-1-1 is needed, provide first bottom

Sudden Illness – Report to instructor or onsite adult. Call 9-1-1 if needed, provide first aid.

Missing Persons – Report to instructor or onsite adult. Clear pool area, check bottom of pool. Call 9-1-1 if needed. Conduct search of entire facility & surrounding properties.

Disruptive Behavior – Report to instructor or onsite adult. Call 9-1-1 if needed.

Facility Problems – Report to instructor or onsite adult. Call 9-1-1 if needed.
power failure – Call Center Point Energy, clear pool area.
chemical spills – Call Health Department, clear pool area.
water clarity – Clear pool area, check bottom of pool for patrons.

Emergency Numbers:

911 – For All Emergencies

Poison Control – 1-800-222-1222

Police & Fire – 281-997-4100

Animal Control – 281-652-1970

Health Department – 281-485-5344

Power Company – 713-207-2222

Directions to The Aquatic Academy – 1103 Barkly Ct

TX 35 North to McHard Rd

Turn East on McHard Rd

Turn North on Old Alvin Rd

Turn East on Glastonbury

Turn East on Hickory Knoll

Turn South on Barkly Ct