

Welcome parents,

Because of insurance purposes no child can take lessons unless a signed application has been filled out. No exceptions. Please make sure a application for learn to swim is filled out prior to getting in the water.

This is some information about what your child will be learning throughout the summer. My name is Sherry Sonetti, I have been teaching swim lessons and coaching over 25 years. I have taught many different ages, and many different abilities. I'm looking forward to teaching your child. Please feel free to contact me if you would ever have any concerns or questions my number is: 412-480-8499.

The children will be in the water Monday, Tuesday, and Thursday from 12:00 to 12:30. On Wednesday the learn to swim students will come (11:30) and meet their assigned big buddy and participate in a planned activity with their big buddy and if time allows they will get in the water with their big buddy (a lunch for a minimal cost is an option). On June 19th team picture day the learn to swim swimmers are included in this activity (this starts around 4). Forms for pictures will be at the pool prior to that day. A suggestion: bring goggles and a swim aqua shirt for cold days

For lessons...If it is thundering or lightning there will be no practice. If it is just showering we will still get in the water. If it is a cold morning you might want to consider buying a water shirt. It's not a requirement but it does help the students feel more comfortable and that will be the biggest goal for the learn to swim students. Here are the skills that we will work on.

- 1) Blowing bubbles on top of the water, and blowing bubbles while submerging the head
- 2) Kicking a flutter kick on a kickboard with help and without help
- 3) Kicking on a kickboard and blowing bubbles, across the pool in the shallow end, and then from shallow end to deep end and back with help and without help
- 4) Floating on their back with help and without help
- 5) Floating on their belly with help and without help
- 6) Doggy paddle with help and without help
- 7) Doggy paddle while blowing bubbles with help and without help
- 8) Kicking on their back with help and without help
- 9) Back stroke with help and without help
- 10) Jump into shallow end and swim back to the side with help and without help
- 11) *Jump into the deep end and swimming to the side with help and without help*
- 12) Jump off the diving board and swimming to the side with help and without help
- 13) Swimming by themselves from the deep end to the shallow with help and without help
- 14) learning the beginnings of freestyle with help and without help

As you can see we will be covering a lot of skills, and please remember all children work at different paces. I will never force a child to do anything, but will always tenderly encourage a child to try. I have tricks up my sleeve and I promise that your child will start to feel comfortable in the water. Once a child starts to feel as if he/she can feel safe it's amazing how fast they catch onto these skills. We have swim team swimmers volunteers to help the learn to swim students enabling us to have the time needed to go over all these skills.

If you would like to come with your child to watch the swim team you are very welcome to cheer on our swimmers. There is a schedule on Gateway Heights web site. All learn to swim students and parents are invited to the swim team banquet (July 29th). We consider them a part of our swim team.