

SWIM LESSON HANDBOOK

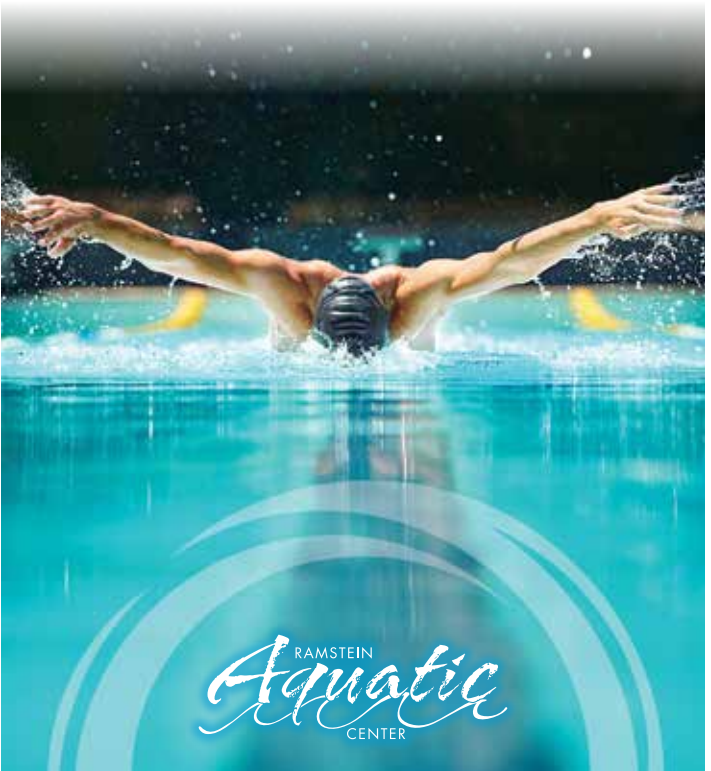


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Swim Lesson Prices

- **Group Swim Lessons: \$50**
 - 8x 30 minute sessions
- **Private Swim Lessons: \$125**
 - 4x 45 minute OR 6x 30 minute sessions
- **Semi-Private Swim Lessons: \$188**
 - 4x 45 minute OR 6x 30 minute sessions

Pool Prices

- | | | |
|----------------------|----------------------------|----------------------|
| • Adults Pass | • Youth Pass (6-17) | • Family Pass |
| - Daily: \$3 | - Daily: \$2 | - Daily: \$10 |
| - Monthly: \$20 | - Monthly: \$10 | - Monthly: \$35 |
| - Annually: \$90 | - Annually: \$70 | - Annually: \$175 |

*** 5 and under: FREE**

Adult interactive supervision required

*** Family passes**

are for everyone on your orders

How to Register

Liability Form

- Form **MUST** be on file prior to registration; can be filled out online (emailed to RAC) or in person.

Choosing Your Classes

- Decide if you would like group/private/semi-private swim lessons.
- Upcoming lesson information will be posted at our facility, Facebook page, and website.
- If your child has had **NO** swim lesson experience, they will start at Level 1. If you feel your child is above a Level 1, then they will need an assessment. An assessment is **NOT** required for Level 1.
- Assessments are done the week of group registration. The assessment schedule will be posted the week prior to registration.

Registration

- **Please visit our website and Facebook page for the upcoming registration method, dates, and times.**

Waitlist:

If the class you want is full, we can put your name on a waitlist and contact you if openings are available; no guarantees.

Payments

- USD Cash, Visa, MasterCard, or American Express

Group Swim Lesson Descriptions

- **Group lessons** will have 6-10 students depending on class level per 1 instructor.
- **4 week session:** 2x a week - choice of either Tuesday/Thursday *OR* Wednesday/Friday
- **2 week session:** Every day, Tuesday-Friday, for two consecutive weeks.

Parent and Child Aquatics

(PCA Levels 1 & 2: ages 6 mo.-3 yrs.)

Parent and Child Aquatics teaches safe behaviors around the water and develop swimming readiness by leading parents and children in water exploration activities with the objective of having fun and becoming comfortable in, on and around water.

Preschool Aquatics

(PSA Levels 1-3: ages 3-5 yrs)

Preschool Aquatics facilitates age appropriate learning of fundamental water safety and aquatic skills.

Learn-to-Swim

(LTS Levels 1-5: ages 6-15 yrs)

Learn-to-Swim consists of five comprehensive levels that teach children of varying ages and abilities on how to swim skillfully and safely with confidence.

Adult Swim Lessons

(Ages 16+)

In this class you will learn the beginning basics (swimming strokes, tread water, etc.) to stroke refinement and water safety. This class adapts to the needs of the students and focuses on your confidence and success in the water.

Private/Semi-Private Lessons Descriptions

- Our certified instructors are able to tailor lessons based on your personal goals whether you are new to swimming or want to train for swim team, they can help you.
- Semi-Private is for two individuals that are the same swim skill level and swim conduct.
- The 6x 30 minute sessions are for individuals age 3 and up.
- The 4x 45 minute sessions are not recommended for those under age 6.

Keep in Mind

- If you plan on swimming before and/or after your scheduled swim lesson, you will need to pay the daily fee or use month/year pass.
- Adult (18+) supervision is required for children aged 13 and under; adult must remain in the facility at all times.
- Please keep your household information updated in case we need to contact you about the swim lessons.
- It is normal to repeat levels. Every child learns at a different pace, and some of the skills may require more time to learn.
- Ask the instructor which skills you should review in an effort to help you progress through the swim levels.

Swim Lesson Schedule

All necessary information, including registration dates and course offerings, will be posted in our facility, on our Facebook page, and website.


SWIM LESSON SCHEDULE



Registration - Date/Time

Group Swim Lessons **Private Swim Lessons**

Swim Lessons - Class Dates

6x 30 min Session **4x 45 min Session** **4 Week Session** **2 Week Session**

Check out our  **@ramsteinaquaticcenter** for the most current information on swim lessons!

Look out for updates to this poster in our facility!

Health & Safety Rules

1. Supervision requirements

Age (yrs)	NOT PASSED the swim test	PASSED the swim test
<5	Interactive Supervision: Adult who is at least 18 years must be within arm's length	N/A
6-10	Interactive supervision in the FIT pool, Direct supervision in the REC pools: clear line of sight with ability to communicate	Direct supervision in all pools
11-13	Interactive supervision in the FIT pool and Direct supervision in the REC Pools	Can be unattended to stay for up to 3 hours in the facility with a properly signed and filed liability form
>14	Adult supervision not required in the facility. Swim test not required for FIT pool.	

- Patrons are required to shower using both soap and water before entering the pool and after utilizing outdoor areas.
- Anyone with obvious evidence of a cold or other communicable diseases, open sores, lesions, or fungal skin diseases is prohibited from entering the water.
- Unsafe behavior or disorderly conduct is prohibited – (i.e. no running, horseplay, hanging on lane lines, playing with the rescue equipment, breath holding, or prolonged underwater swimming contests).
- Starter blocks are for swim team or swim lesson use only. Diving is only allowed in dive well and deep ends of lane 8 and 9.
- When using the slides in Rec Pool, swimmers will adhere to the following: only feet first in seated position is permitted, tandem sliding with adult is required for children age 5 and under, tandem groups cannot exceed two people. Pool toys are not permitted on slides.

For a full list of rules and regulations, visit 86fss.com/aquatic-center

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Ramstein Aquatic Center



86fss.com/outdoor-rec/aquatic-center/

**For our current hours of operation,
please visit our website or Facebook page!**



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