



SWIM LESSONS

PARENT HANDBOOK



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THEWAVEWATERPARK.COM

The Wave Waterpark Swim Lessons

Thank you for choosing The Wave Waterpark as your swim lessons home. We offer swim lessons for ages 6-month-old to adult. Our goal is to make your swim lesson experience enjoyable and productive here at the Wave.

This handbook will outline a variety of rules and guidelines related to swim lessons and to The Wave Waterpark in general. It is important that you are familiar with the contents of this handbook to assist in creating a smooth swim lesson experience.

The Wave staff and program coordinator are available to answer any questions you may have or to address any concerns. Thank you!



Water Safety Information

Here are some key parts of water safety, some of these topics may be covered in your child's lesson. We encourage parents to review this material with your child continually. Water safety is everyone's responsibility.

- Always swim with a buddy in a supervised area.
- Be cool, follow the rules.
- Look before your leap.
- Think so you don't sink.
- Reach or throw, don't go.
- Don't just pack it, wear your jacket.
- Cold can kill.
- Learn about boating before you go floating.

Parents, please help the instructor by keeping your child out of the water until their instructor says it is okay to get in.



Waterpark Rules



WELCOME TO THE WAVE



PLEASE DO NOT ENTER THE PARK WITH COOLERS, FOOD, BEVERAGES, GLASS CONTAINERS, RADIOS, EXTERNAL MUSIC, OR PETS.



PERSONAL FLOATATION DEVICES, TOYS, MASKS, SNORKELS, AND MERMAID TAILS WILL NOT BE ALLOWED IN THE POOLS / ATTRACTIONS.



APPROPRIATE SWIMWEAR IS REQUIRED & DETERMINED BY MANAGEMENT. NO PANTS, VISIBLE UNDERGARMENTS, TRANSPARENT ATTIRE, DENIM, THONG, G-STRING, OR BRAZILIAN STYLE SUITS ARE ALLOWED.



SOME ATTRACTIONS MAY REQUIRE RIDERS TO BE FREE OF RIVETS, LIFE VESTS, FOOTWEAR & EYEWEAR.



NO RUNNING OR HORSE PLAYING. AGGRESSIVE OR ABUSIVE BEHAVIOR, PROFANITY, AND SPITTING IS NOT PERMITTED.



NO DIVING. UNDERWATER BREATH HOLDING ACTIVITIES ARE NOT PERMITTED.



LIFE VESTS ARE PROVIDED FREE OF CHARGE. WE RECOMMEND WEAK OR NON-SWIMMERS WEAR A LIFE VEST AT ALL TIMES.



DIAPER AGED CHILDREN MUST WEAR A WATERPROOF SWIM DIAPER IN ORDER TO PARTICIPATE IN ATTRACTIONS. PLEASE DO NOT CHANGE DIAPERS ON THE POOL DECK; USE THE RESTROOM.



CHAIRS AND SHADE ARE AVAILABLE ON A FIRST COME, FIRST SERVE BASIS.



SECURITY CAMERAS ARE IN USE. BY ENTERING THE FACILITY EACH GUEST GRANTS THE WAVE THE RIGHT TO VIDEOTAPE OR PHOTOGRAPH HIM/HER ON PARK PROPERTY WITHOUT PAYMENT OR CONSIDERATION.



RIDE RESTRICTIONS DO APPLY. PLEASE READ ALL SIGNS AND LISTEN TO ALL LIFEGUARD INSTRUCTIONS BEFORE RIDING. PERSONS NOT FOLLOWING RIDE RULES ARE SUBJECT TO REMOVAL FROM THE PARK.



SMOKING IS NOT PERMITTED INSIDE THE WATERPARK. SMOKING MUST TAKE PLACE 50 FEET AWAY FROM THE PARK ENTRANCE.



PARENTS / GUARDIANS ARE RESPONSIBLE FOR THEIR CHILDREN WHO CHOOSE TO EXIT THE PARK UNATTENDED. IT IS RECOMMENDED THAT ALL CHILDREN UNDER 8 YRS. BE ACCOMPANIED BY A RESPONSIBLE ADULT AT ALL TIMES.



ALL RIDES AND ATTRACTIONS CLOSE FIFTEEN MINUTES BEFORE PARK CLOSING.



THE WAVE IS NOT RESPONSIBLE FOR LOST, STOLEN, OR DAMAGED ARTICLES. LOST & FOUND IS LOCATED AT THE WAVE SHACK. PLEASE DESIGNATE A GROUP MEETING SPOT, AS WE ARE UNABLE TO PAGE GUESTS.



DO NOT DRINK THE POOL WATER.

PLEASE SHOWER BEFORE ENTERING THE POOL.



LIFEGUARD TESTING / TRAINING IS AN ONGOING PART OF OUR SAFETY PROGRAM. USE OF SUBMERSIBLE MANNEQUINS AND LIVE ACTIVE GUESTS MAY OCCUR DURING YOUR VISIT.



CAMERAS ARE NOT ALLOWED ON ANY ATTRACTION OR IN USE IN THE RESTROOMS. PLEASE KEEP PHOTOS / VIDEOS TO WITHIN YOUR OWN PARTY.



TICKETS ARE NON-TRANSFERABLE AND NON-REFUNDABLE. HOURS & ATTRACTION AVAILABILITY ARE SUBJECT TO CHANGE WITHOUT NOTICE. GENERAL ADMISSION TICKETS ARE NOT VALID FOR SPECIAL EVENTS.



TICKET OR SEASON PASS IS REQUIRED FOR ADMISSION. HANDSTAMP MUST ACCOMPANY TICKET OR PASS FOR RE-ENTRY. RE-ADMISSION IS NOT GUARANTEED BASED ON PARK CAPACITY NUMBERS.

THANK YOU & ENJOY YOUR VISIT!

Our Instructors

All instructors are Wave Swim School certified and StarGuard ELITE licensed lifeguards. Our Wave Swim School instructor certification is given after completion of a rigorous training that entails a mastery of our learn-to-swim curriculum, emphasizes class management and time on task methods of teaching. The lifeguard certification includes first aid, CPR, AED, and oxygen use.

We strive to provide a positive learning environment for all students, and we believe that the relationship between the instructor and student is important to their development and progress. At times, we may need to divide lessons between instructors, but this is done as a last resort option. If you have any concerns regarding an instructor or lesson, please speak with our swim coordination on deck.



Swim Lesson Policies and Information

SWIM LESSON DETAILS

- Lessons require a minimum of 3 participants to remain open. If a class does not meet the minimum requirement, the class may be merged with another level or transferred to a different session.
- Classes will start at the scheduled start time. We recommend arriving 5-10 minutes early to have enough time to use the restroom and prepare before class.
- Different locations throughout the park may be used to teach lessons. These locations could include the competition pool, the river, and the receiving pool.
- At times, swim lessons will share the facility and pool with different events and organizations. This could include swim meets, practice, water polo games, etc.
- In addition to swim instructors being trained lifeguards, there will always be a lifeguard on duty during lessons.

SCHEDULING CONSECUTIVE LESSONS

We understand that parents may want to enroll their child in consecutive lessons (level 1 for session 1, level 2 for session 2, etc.). It is important to realize that some children might not always meet the requirements to advance to the next level. If these lessons are booked in advance and the child does not pass the previous level it may be difficult to reschedule. We will do our best to provide easy class placement, however, with full classes the student may have to delay a session.

Swim Lesson Policies and Information

HEALTH AND HYGIENE

- Have your child use the restroom before entering the pools and wash their hands with soap and water.
- Do not allow your child to use the pools if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks.
- Children who are ill, severely sunburned, have an eye infection, open wounds, or diarrhea will not be allowed in the water.
- Gum and candy must be thrown out before the lessons begin.
- Do not drink the pool water.
- Dry skin can result from regular exposure to sun and water. To alleviate dry skin, have your child shower after class and apply a moisturizing lotion.

MEDICAL CONCERNS / SPECIAL NEEDS

- If your child has a medical condition or special needs, please complete the information section on the registration form with any information we should be aware of. We recommend speaking with the program coordinator on the first day of class. This knowledge will aid our staff in giving appropriate care.
- In case of an emergency, please allow the highly trained Wave lifeguards to handle all situations.

LOST & FOUND

- The City of Vista and The Wave Waterpark are not responsible for lost or stolen articles; please leave all valuables at home.
- You may inquire about lost and found articles with the program coordinator or calling the Wave office at 760-940-9283.



WATER QUALITY

- The water quality, chlorine, and pH levels of our pools are checked and documented on a regular basis.
- Our pools are inspected by the San Diego County Health Department.
- At times, eye burn is mistakenly associated with a high chlorine level. However, eye burn is due to extended eye contact with pool water which may have a different pH than the eye. Using goggles is recommended for anyone with sensitive eyes or extended underwater swimming.

DIAPERS AND DIAPER-AGED CHILDREN

- All diaper-aged children must wear a swim diaper, usually recognizable by being very bright.
- Take your child to the bathroom often to minimize accidents.
- Change all diapers in the bathroom, not poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.
- Do not rinse hands in the pool after a bathroom trip. Hands need to be washed with soap and water in the bathroom.

Swim Lesson Policies and Information

SWIM ATTIRE

- Swimsuits should allow for ease of movement.
- Swim trunks should be above the knee, and secure enough to stay in place while jumping into the water.
- No jeans or cut-off shorts allowed.
- T-shirts restrict movement and are discouraged from being worn as swimming attire. Rash guards or swim material shirts are preferred.
- Long hair should be pulled back and secured.
- Sunscreen should be worn at every lesson, even when it is cloudy.
- Children should bring a towel and change of clothes to get warm after the lesson.
- Diaper-aged children must wear a swim diaper.

GOGGLES

- Goggles may be worn (no masks with nose covered pieces though).
- The child must be able to put the goggles on themselves and maintain them. The instructors would like to avoid disrupting class time with goggle problems.
- Instructors may ask children to remove their goggles for some skills.

PERSONAL TOYS AND FLOATATION DEVICES

- Personal toys and floatation devices should be left at home unless approved by the instructor in advance.

OBSERVING THE LESSON

- Parents may watch the swim lesson but are encouraged to stay at least 10 feet away from the pool in the designated observation areas.
 - Once exception is a parent who is participating in a baby and me lesson. That parent would be in the water with their baby.
- Some parents may be asked to wait in an area that the student cannot see, to assist the instructor with behavior concerns.
- Additional siblings or children may watch the lessons with the parent if they remain within arm's reach of the parent. They must not become a distraction to the students, instructors, or the waterpark operation.
- Observers need to be in the observation area, they may not wander around the waterpark.



Swim Lesson Policies and Information

BEHAVIOR PROBLEMS

- The instructors are taught basic classroom management skills for dealing with any disciplinary problems.
- The instructor may remove a student(s) from the water for a “time out” if they feel that is necessary. They may also consult with the parent / guardian or the swim coordinator regarding their concern.

REPORT CARDS

- At the end of each session the instructor will provide the child with a report card and one Wave ticket to come back and practice their skills while the water park is open.
- Not every child will complete each level on the first try. It is natural for kids to take additional time at levels and repeat the course. This is important in improving their self-confidence and developing their skills at the right pace.

INCLEMENT WEATHER:

- Most often, all program classes will continue during inclement weather. Classes will only be cancelled if there is lightning in the immediate area. If you are ever unsure about the status of a class due to weather, please call the Wave office at 760-940-9283.

MAKE-UP POLICY

- Make-up classes are not available for participants that miss a day due to illness, vacation, schedule conflicts. Please try to attend each class the participant is enrolled in.

REFUND POLICY

When the Wave cancels a program, participants or payees shall be eligible for a full refund without a processing fee or penalty. Programs do have class minimums to operate and may be cancelled and rescheduled due to not meeting the minimum or other unplanned reasons at the discretion of the Manager on Duty. Classes will continue in the rain and other mild conditions.

When registrants request a refund prior to the second scheduled class, a refund will be granted minus a cancellation processing fee of \$5, and the prorated fee for the first class (total class fee divided by number of classes). Beginning on the second-class date, no refunds will be given.

Registrants may request a transfer prior to the start of the scheduled program, if a transfer is made to a class/program with a difference in fees, then the payment is due immediately at the time of the transfer. When registrants request a transfer prior to the second scheduled day of class, a transfer credit will be granted minus the prorated fee of the attended class, any difference in fee would then be paid immediately. Beginning on the second-class date, no transfers will be granted. All transfer credits must be used within 30 days or will expire.

If registrants fail to attend a program after it begins, they are not entitled to a refund or transfer. Refunds may take up to 2 weeks to process depending on payment type.

Frequently Asked Questions

Q: Will my child become “drown proof” after participating in Swim Lessons?

A: Participating in any swim lesson program does not “drown proof” your child. It is only the first step in developing your child’s water safety and swimming skills. It is extremely important to have parental supervisor around water of any kind and with kids of all ages.

Q: What if my child has a fear of the water?

A: Respect your child’s feelings. Teasing or getting angry only makes matter worse. Progress slowly using these guidelines:

- Provide plenty of time for your child to adjust to the new setting
- Concentrate on activities you child is already comfortable and ready to participate in.
- Expose your child to other children who are having fun.
- Enjoy the water with the child.

Q: What causes a fear of the water?

A: Some of the more common cases for fear of the water have to do with the way parents / guardians relate to the child in and around water. Some cause could be:

- Being raised by a parent / guardian who is afraid of the water and have either knowingly or unknowingly communicated this fear to their children.
- Being raised in an environment that prevents childhood water play because of lack of opportunity or parental actions.
- Being forced into water activities beyond the ability or comfort level.
- Being involved in or witnessing a traumatic water accident.
- Having a fear of the unknown or a great fear of new experiences.

Q: How many lessons is it going to take my child to swim?

A: Children vary widely when it comes to learning a skill. In general, each child’s readiness is influenced by physical development, previous experiences, home environment, parental attitudes, and individual preferences. For most skills there are simple prerequisites and activities that can prepare the child for these skills. For example, before children are ready to put their entire face in the water, they may need to practice blowing bubbles, splashing in their face, or even just putting parts of their face in the water to help get use to the feeling of water. It may take multiple lessons before a child can swim independently. Having your child finish all program levels would help ensure they learn to swim well.

Q: What if my child cannot keep up with the class?

A: The instructors will do their best to adapt and work with the child or adjust the level to meet the individual child’s needs. This will keep your child included in the groups and get to practice at their own level. If you believe your child needs to be in a different level consult with the swim coordinator on deck.



Practicing at Home (Homework)

Homework is an opportunity for the parent / guardian to be involved in their child's swimming process. It gives both the parent and child a better understanding of the skill in relation to body movement and placement in the water. These tips can be practiced at home in the bathtub with your help and supervision.

STARFISH AND PARENT / SEA TURTLES (6 MO-5 YEARS)

- Wash face – encourage child to get their face wet themselves.
- Shower – parent gently pour water over your child's head.
- Blow bubbles – pretend they are blowing out candles in and out of water.
- Point toes – have child point their toes at objects while sitting.
- Kicks – have child practice kicking with the entire leg.
- Hold breath – practice in or out of water. Count to keep track of improvement.

OTTERS / DOLPHINS (5 YEARS-UP)

- Blow bubbles – pretend they are blowing out candles in and out of water.
- Hold breath – practice in or out of water. Count to keep track of improvement.
- Kicking – lie on the bed with legs off the side and practice kicks while concentrating on keeping legs straight. Emphasize kicking from the hip.
- Arm strokes – Make big arm circles (scoops) or freestyle arms while walking around.
- Arms with side breathing – Sit child in parents lap keeping head down as if they were in the water. They then pretend to take a breath to the side, blow bubbles down while making big circles with arms.



Course Description



STARFISH (6mo-3yrs):

Stage Focus (w/ parent):

- Trust & Comfort
- Body Positions
- Submersion
- Air Recovery & Roll over
- Forward Movement

Benchmark Swim Skills

- Swim #1: Enjoy being in the water with my parent and is relaxed and confident.
- Swim #2: Performs a relaxed front, back, vertical and side position or at least 5 seconds each.
- Swim #3: Can enter the water from the wall, submerge, turn around, grab wall and pull up with parent's help.
- Swim #4: Can submerge off the wall, come to the surface unassisted, get a breath in a vertical or horizontal position.
- Swim #5: Can move through the water independently 10 feet, with or without floatation.

Benchmark Safety Skills

- Safety #1: My parent understands the importance of constant and dedicated surveillance.
- Safety #2: My parent can fit and properly put a lifejacket on me.
- Safety #3: My parent can use floatation to help someone in the water and knows how to call 911.
- Safety #4: My parent will prevent recreational water illness.
- Safety #5: My parent knows about infant and child CPR.



SEA TURTLES (3-5yrs):

Stage Focus:

- Trust & Comfort / Body Positions
- Submersion
- Air Recovery & Roll over / Forward Movement

Benchmark Swim Skills

- Swim #1: I enjoy being in the water and I am relaxed and confident. I can perform a relaxed front, back, vertical and side position for at least 5 seconds each.
- Swim #2: I can enter the water from the wall, submerge, turn around, grab wall and pull up.
- Swim #3: I can submerge off the wall, come to the surface unassisted, get a breath in a vertical or horizontal position. I can move through the water independently 10 feet, with or without floatation.

Benchmark Safety Skills

- Safety #1: I ask permission before entering the water every time. I can float in the water with my lifejacket on.
- Safety #2: I know how to throw a floatation item to someone who needs help.
- Safety #3: I know it is important to use the restroom frequently. I can jump in with my clothes / pajamas on and return to the wall.

Course Description



OTTERS (5yrs +):

Stage Focus:

- Trust & Submersion / Body Position & Air Recovery
- Forward Movement & Direction Change
- Rotary Movement / Integrated Movement

Benchmark Swim Skills

- Swim #1: I can go underwater for 5 seconds and then come up to breathe. I can jump in, go underwater, come up, take a breath, roll onto back and breathe for 5 seconds.
- Swim #2: I can jump in, come up for air, kick and pull forward 10 feet on front or back, change direction and return to side. (In swimsuit & clothes)
- Swim #3: I can jump in, recover to side glide position and kick 10 feet. I can start in side glide and swim freestyle 30 feet with the 1-2-3 breathe pattern.

Benchmark Safety Skills

- Safety #1: I always ask permission before getting in the water. Safety #2: I can put on a lifejacket, float on my back, and kick 20 feet.
- Safety #2: I know how to throw a floatation item to someone who needs help and know how to call 911.
- Safety #3: I can tread water 15 seconds, I can tread water and survival float for 30 seconds.

DOLPHINS (5yrs +):

Stage Focus:

- Freestyle / Backstroke, intro to butterfly
- Butterfly
- Breaststroke / Endurance

Benchmark Swim Skills

- Swim #1: I can swim freestyle 30 feet with correct body and breathing form; and swim 30 feet of triple-switch backstroke. I can perform 30 feet backstroke and 15 feet arm-down pulsing.
- Swim #2: I can swim 4 strokes butterfly with 1 breath, then swim remainder of pool freestyle.
- Swim #3: I can swim 30 feet breaststroke with good timing and extension. I can swim 50 yds. freestyle, 50 yds. backstroke, 25 yds. butterfly, 50 yds. breaststroke all with correct positioning and perform a flip turn and open turn.

Benchmark Safety Skills

- Safety #1: I always ask permission before getting in the water. I can put on a lifejacket from in the water.
- Safety #2: I know how to throw a floatation item to someone who needs help and know how to call 911.
- Safety #3: I can tread water or survival float for 2 minutes.



Level Prerequisite

The following prerequisites are listed for each level and can assist in determining placement for students:



STARFISH PREREQUISITE SKILLS (6mo-3yrs):

Prerequisite Skills:

Student ages 6 months to 3 years with in water parent participation.



SEA TURTLES PREREQUISITE SKILLS (3-5yrs):

Star Tots - Level 1: Student can enter water independently.

Star Tots - Level 2: Student can jump in, submerge, turn around, grab wall and pull up w/ help.

Star Tots - Level 3: Student can submerge off wall unassisted, come to surface and get a breath in a vertical or horizontal position.



OTTERS PREREQUISITE SKILLS (5yrs+):

Swim School-Level 1: Student can enter water independently.

Swim School-Level 2: Student can jump in, go underwater, come to surface, take a breath & roll on back for 5 seconds.

Swim School-Level 3: Student can jump in, come up for air, kick and pull 10 feet on front or back, change direction & return to side.



DOLPHINS PREREQUISITE SKILLS (5yrs+):

Stroke School-Level 1: Student can tread water 15 sec., side glide & freestyle swim 30 ft. w/ breathe pattern.

Stroke School-Level 2: Student can swim 30 ft. freestyle w/ breathing and 30 ft. backstroke.

Stroke School-Level 3: Student can swim 4 strokes butterfly with one breath to pool length freestyle.

ADULT PREREQUISITE SKILLS (16yrs+):

Adult-Beginners: Student can enter water independently.

Adult -Stroke School: Student can tread water 15 sec., side glide & freestyle swim 30 ft. w/ breathe pattern