

Below are helpful tips to navigate through Clive Parks and Recreation's Swim Lesson registration. If you have any questions, please contact the Parks and Recreation office at (515) 223-5246 or reach Recreation Coordinator Brian Longren at blongren@cityofclive.com.

- Registration for **Clive residents** begins **Monday, February 27th**.
- Registration for **Non-residents** begins **Monday, March 20th**.
- Registration can be done in a variety of ways:
 - Online at rec.cityofclive.com
 - Mail or drop of registration form to the Parks and Recreation office (1900 NW. 114th Street, Clive, IA 50325)
 - Fax registration form to (515) 457-3092

Registration cannot be taken over the phone as parent/guardian signature is required for registration.

- Visit www.cityofclive.com or contact the Parks office for class descriptions and questions to help you pick the appropriate level. If you're still unsure which level is appropriate, please contact the Recreation Coordinator to help you.
- Be prompt and ready to go when registration begins. Know which class your swimmer should be in and what time(s) you can attend classes. Have multiple class choices in case if your desired class is full.
- Lessons are based on skill level. If the desired class is full, DO NOT register your swimmer in a level higher than their actual swimming skill level. You may:
 - Place your swimmer on a waitlist. Waitlists are created for each class. If a spot opens up, or if we are able to schedule another class at that time, the first person on the waitlist is contacted and offered the spot. If the spot is not taken, we will go down the waitlist in order until the open spot is filled.
 - Find an alternative class to enroll in.
 - Re-enroll into the level below. This allows the swimmer to be in the water with an instructor and continue mastering their swimming skills.
- Find the session(s) that your swimmer can attend all classes. **Make-up lessons** will not be provided for weather or families missing a day. If severe weather causes classes to cancel more than 2 times within a session, a make-up maybe considered on a Friday at the end of the session.
- **DO NOT** register for classes in progressive order (i.e. Level 1 for session 1, level 2 for session two, level 3 for session 3, etc.). Swim lessons develop lifelong skills which take time to master before progressing into the next level.
- Swimmers often need to repeat their current level before progressing. If you are registering for more than one session; register your swimmer in the same level at least two sessions, but no more than three, before enrolling into the next level up. Adjustments can be made on the first day of lessons based on instructor's evaluation. However, adjustments are limited based on class enrollment numbers in order to maintain the proper swimmer-to-instructor ratio.
- Be sure to keep a copy of your receipt for your records when registration is completed. The receipt will list the lesson level, lesson dates and times, and other important information.

Frequently Asked Questions on Swimming Development

Q: What causes fear of the water?

A: Some of the common causes of early water fear may have to do with the way parents or caretakers relate to their children in and around water. These causes may include:

- Being raised by parents or guardians who are 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, whether as a result of lack of opportunity or parental actions.
- Being forced into water activities beyond the ability of comfort level.
- Being carelessly handled in water experiences.
- Being involved in or witnessing a traumatic water accident.
- Having fear of the unknown or a general fear of new experiences.

Q: What helps reduce the fear of the water?

A: Reduction of water fear can be handled in the following ways:

- Providing enjoyable non-threatening water activities that are simple and fun while building confidence and success.
- Making arrangements for regular, continued contact with a water environment.
- Select safe water environments and provide in-water supervision in all water play.
- Use of goggles to help explore the water more.
- Learn and teach “respect” for the water and water rules without implied threats or fear.
- Lead by example. Follow the rules and enjoy the water with your swimmer or swim buddy.

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

A: Respect your child’s feelings. Teasing or getting angry does not help the situation. Understand breaking the habit of aquatic fear takes time. Progress slowly by following these guidelines:

- Provide time for your child to adjust to new aquatic settings. If in a learn-to-swim program, allow time for the child to adjust to the instructor.
- Concentrate on activities where your child is comfortable and ready.
- Expose your child to other children who are having fun in the water.
- Enjoy the water yourself with your child.

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

A: The progress of your child cannot be compared to the progress of any other child because each swimmer has different experiences and backgrounds as well as different learning rates. Children acquire skills at different times. Instructors can adapt and adjust accordingly to the individual child in class so that the child can feel a part of the group while practicing at his or her level. If you believe your child needs to be in a different class, consult with the instructor or the facility program coordinator.

Q: How can I support my swimmer’s skill development?

A: Positive encouragement is a must, no matter how big or small. Be sure to attend all classes offered. Work together with the instructor and take time for other practice and water play opportunities outside swim class time. Throughout each session, take time each day to discuss and practice the water activities suggested in class. Doing this will help extend a positive experience while encouraging safe practice in and around the water.

Q: How many levels should my child complete?

A: A swimmer should complete all the levels to develop a full swimming competency. It may take several seasons for a swimmer to successfully complete all levels averaging between 30–80 lessons over time. If a swimmer swims only during the summer months, skills will diminish between seasons. Regular practice is necessary to keep skills and progress throughout the levels.

Q: Will my child become “drown-proof” after taking swim lessons?

A: Swim lessons is only the first step in developing water safety and swimming skills. Year around practice, regular exposure to water, and positive encouragement are the tools needed for developing and strengthening aquatic skills.