



Swim Lesson Handbook

Welcome to Swimming Lessons!

The Strategic Initiatives & Community Services Department at the Town of Lincoln is pleased to welcome you to the Allan F. Gretsinger Community Pool and Jordan Lions Pool. It is the philosophy to provide a quality summer program that is safe, fun and an exciting experience for participants of varying ages and abilities.

If you have any questions, comments or concerns please do not hesitate to speak with the Head Guards on site or the Community Services Staff.



905-563-2799 ext 319



www.lincoln.ca



recreation@lincoln.ca



@PlayLincolnON



The Swim for Life program stresses lots of in-water practice to develop solid swimming strokes and skills. We incorporate valuable Water Smart® education that will last a lifetime. Learn more at lifesavingsociety.ca

Your Instructor

Qualified aquatic instructors are an essential element in guaranteeing a safe learning environment for your child. All our Instructor/ Lifeguards undergo in-depth training and are highly qualified to ensure your child has a fun, safe and memorable summer. All aquatic staff hold the following certifications: National Lifeguarding Service (NLS); Lifesaving Society Instructors, Standard First Aid & CPR-C/AED and High Five—Principles of Healthy Childhood Development.

ATTENTION
PLEASE!



Refund Policy - Refunds requested less than 5 business days prior to the start of the program, will be subject to a **50% cancellation fee**. A full refund is given if a program is cancelled by the Town of Lincoln. No refunds will be issued after the start of the registered program. Refund requests can be made by emailing recreation@lincoln.ca

Wrong Level or Need to Switch - Speak with the Lifeguarding team at the pool or contact recreation@lincoln.ca and a team member will be happy to assist.

Important Contact Information

Stephanie Hutchison
Recreation & Sport Coordinator
shutchison@lincoln.ca
905-563-2799 ext 239

Joe Alaimo
Pool Supervisor
905-563-2799 ext 239
jalaimo@lincoln.ca

Customer Service Team
905-563-2799 ext 319
bookings@lincoln.ca
recreation@lincoln.ca





Each child receives a progress card at the end of each session and a sticker/badge

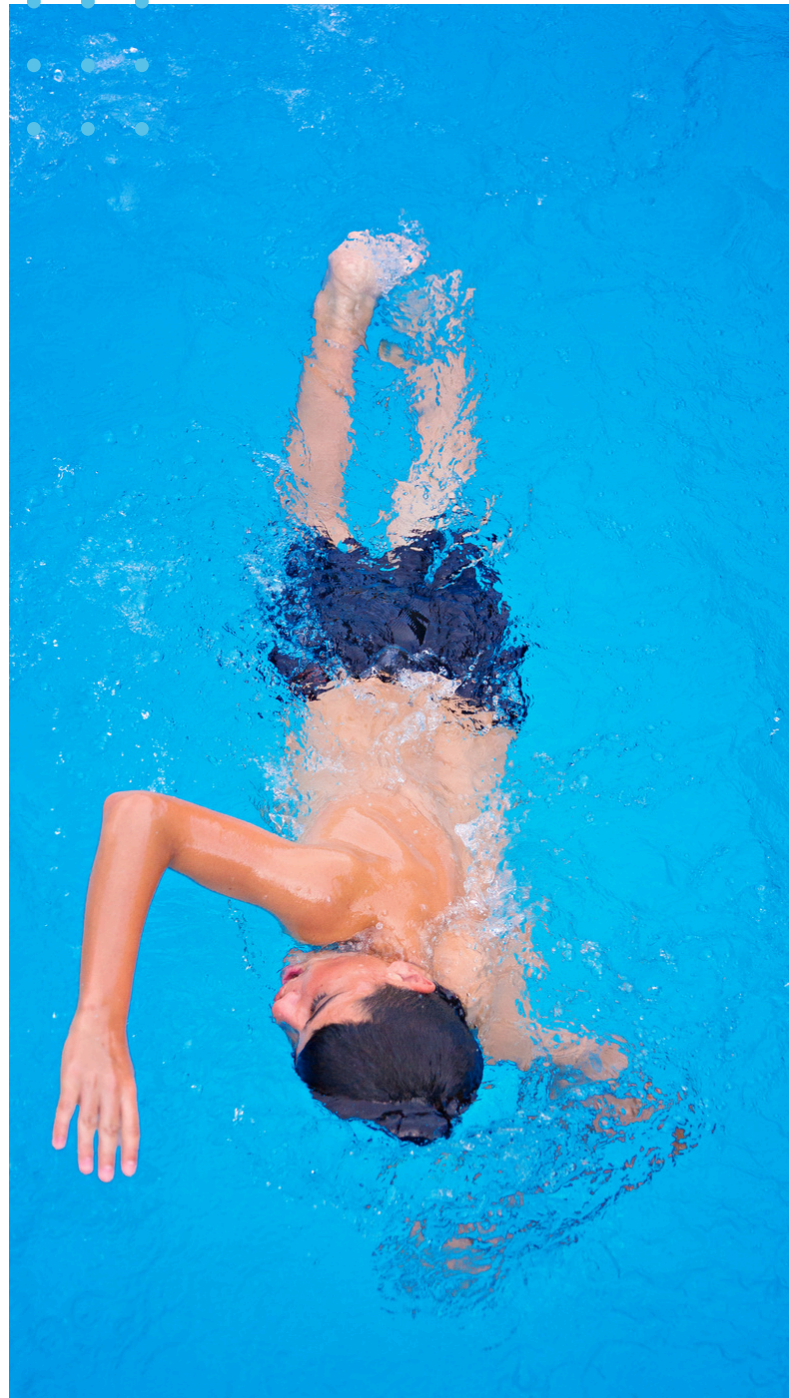
Progress reports will be uploaded into your online PlayLincoln account in the Documents Section for future reference.

Please remember children develop at different rates and have different comfort levels in the water. By celebrating your child's individual achievements, you are gearing them up for a positive and enjoyable swimming experience.

Your child is continuously evaluated throughout the session, with each level having a list of requirements that your child's instructor must see at least three times in order for your child to advance.

For consistent evaluation, please review your child's previous report to the instructor on the first day of classes.

Progress Reports



Note: Photographs and video recordings are not permitted during lessons. Camera cell phones, cameras, and other electronic devices are not permitted in the change room or washroom area.

All about Swimming Lessons



What to bring to swimming lessons?

- Bathing suit, towel, optional white t-shirt (tight fitting) for children who may become cool easily.
- Tie long hair back for safety reasons.
- Sunscreen!! Remember to apply sunscreen half an hour before entering the pool.
- Children who are not yet toilet trained must wear plastic pants or swim diapers underneath their bathing suits. Regular diapers are not permitted.

What change rooms are available?

- The change rooms, washrooms and showers will be available for use.

What should I expect when we arrive at the pools on the first day?

- Arrive several minutes early and proceed to the pool entrance.
- The instructors will introduce themselves and call out their class lists.

Where can I watch my child's lessons?

- Families can watch their children's lesson from behind the fenced in area.
- Please come prepared for the weather with sunscreen, lawn chairs and umbrellas if necessary.
- There is no smoking/vaping on Town of Lincoln property.

What should I do if my child or myself is sick?

- For the health of all patrons, you and your child must stay at home when ill.
- If you would like to contact your instructor to notify them of your child's absence, call 905-563-2799 ext 319 and leave a message with pool staff.
- If you have any questions in regard to chicken pox protocol, lice or other illness, please feel free to call.

All programs and services offered by the Town of Lincoln strive to be fully accessible and inclusive to all members of our community. Information is extremely important in making this happen.

If you or your child has any type of special need or if there is any information that might help us plan a more inclusive program, be sure to let us know by filling out the section online or in person during registration.

For our purposes "special needs and considerations" include intellectual and physical disabilities, attention and behaviour concerns, allergies and medication use. All information requested will remain confidential and is requested only so that we can provide the best support for your child.



What happens in bad weather or if a pool fouling occurs?

- Classes will not be cancelled.
- On deck activities and water safety will be taught during the scheduled lesson time.
- There will be no make up classes due to thunder, lightning, pool fouling and emergency or maintenance closures.

Inclement Weather & Public Health Regulations

Thunder / Lightning - The pool must close for 30 minutes upon hearing thunder or seeing lightning. The pool will reopen 30 minutes after hearing or seeing the last thunder or lightning bolt.

Pool Fouling

Formed Stool: The pool must be cleared of all bathers so the fecal matter can be removed and the pool must stay closed for an additional 30 minutes after the stool has been removed.

Diarrhea: The pool must be cleared of all bathers so the matter can be removed. The chlorine must be increased and remain at a high level for at least 12 hours. Therefore the pool must be closed for at least 12 hours.

Vomiting: Vomiting while swimming may occur from swallowing too much water. Generally no measures are taken unless the contents of the stomach are emptied. The pool will be closed for 30 minutes after the vomit is removed.

Lost and Found - If you have misplaced any belongings, please ask a lifeguard. If the pool is closed, please call 905-563-2799 ext. 319 and leave a brief message. The Town of Lincoln is not responsible for lost or stolen items. Lockers are available for your use at the Allan F.Gretsinger Pool. Please bring your own lock.

Find all the ways you can play in Lincoln by signing up for our **PLAY LINCOLN** monthly recreation newsletter. Learn about upcoming programs and events offered by the Community Services Department.

