

Sanford Wellness Center Oxbow Location

September 14-October 8, 2020

Online Member registration opens on

9:00 am August 15 (Staff available 9-11 am) -Sept. 10, 2020

This is for September session only. October registration will be at a later date.

For Members:

To make registration easier please make sure the following are correct in the membership office

- Your email account
- Member taking lessons is active on the account, birthdate and age are correct.

Please see Membership if these items need to be updated.

Prices for swimming lessons

- \$5 per child who is on a membership

These payments are for Red Cross Fees and therefore are NONREFUNDABLE, please be sure to register your child for a session that works with your schedule.

To ensure safety and success in swim lessons students must be able to successfully demonstrate all of the skills at a given level to enroll in the next level.

If you are unsure what level in which to enroll your child, please call (605)328-1633 or email megan.koepp@sanfordhealth.org.

Ages for Swimming Lessons

Parent/Child Lessons: (A Parent/Adult is in the water with the child) 6 months- 36 months

3 year old Preschool Level 1: Ages 3 (this is the first class without a parent in the water)

4-6 year old Preschool Level 1: Ages 4-6 (This is for kids who may have never had swimming lessons before or who are not comfortable in the water)

Preschool Level 2: Ages 4-6

Red Cross Levels 1-4: Ages 6 and up

If your child is under the age of 7 the parent or guardian must remain in the pool area at all times.
Thanks!

If you would like to take pictures during swimming lessons you must first obtain a photo authorization from the Front Desk.

Fall Session 1 September 14-October 8, 2020

Preschool levels 1-3

(Preschool classes are in the
Warm pool)

3 yr. old Preschool Level 1

Tues/Thurs 4:00-4:30

4-6 yr. Preschool Level 2

Tues/Thurs 4:45-5:15

4-6 yr. Preschool Level 3

(Must have passed PS level 2)

Tues/Thurs 5:30-6:00

Red Cross Levels 1-6

(Red Cross Levels are in the
Main pool)

Red Cross level 1

Mon/Wed 4:00-4:30

Mon/Wed 7:00-7:30

Tue/Thurs 4:45-5:15

Tues/Thurs 6:30-7:00

Red Cross Level 2

Mon/Wed 4:45-5:15

Mon/Wed 6:15-6:45

Tue/Thurs 4:00-4:30

Tue/Thurs 7:15-7:45

Red Cross Level 3

Mon/Wed 4:00-4:30

Mon/Wed 5:30-6:00

Mon/Wed 7:00-7:30

Tues/Thurs 5:30-6:00

Red Cross Level 4

Mon/Wed 4:45-5:15

Mon/Wed 6:15-6:45

Tue/Thurs 6:30-7:00

Red Cross Level 5/6

Tues/Thurs 7:15-7:45

Sanford Wellness Aquatics believes that ALL children enrolled in swimming lessons have the right to safely learn to swim. Children that are unable to safely participate in a class or children that are distracting from the learning environment will be given three chances to correct their behavior. If the child is still unable to be successful, the child will be asked to sit on the edge of the pool for a short amount of time. Parents are encouraged to assist in correcting their child's behavior during this time, but should not interrupt the class. Parents with concerns are encouraged to talk to instructor about their child before/after class if the instructor is available or schedule a later time for discussion.

We thank you for your cooperation in ensuring the best learning environment for our students.

The Sanford Wellness Aquatics Team

**Thank you for choosing Sanford Wellness Center
for your Swim lessons.**

We appreciate all of our members.

***All classes must have at least three participants in order to hold the class.**

Swim Lesson Guidelines



1. 1 guardian age 16 or older per family or per pool if a family has a child in the warm pool and main pool at the same time.
2. 1:4 ratio for all Preschool levels 1-3 and Red Cross levels 1-6, Parent and child will have a ratio of 1:8
3. All classes will be to 30 minutes in length.
4. All instructors will wear a face shield when in the water with the students.
5. Please bring your own goggles as they will not be provided.
6. To maintain social distancing please do not arrive in the pool area no earlier than 5 minutes before scheduled class time. All students will be required to take a shower and use hand sanitizer before entering the pool. Students will be allowed to use the locker room to change in/out of their suit. Please follow the locker room guidelines.
7. There will be a 15-minute break between classes to allow staff to clean equipment/surfaces and to allow for social distancing in the locker rooms and pool area.
8. Any child who exhibits signs of Covid-19 symptoms which include fever, chills, sore throat, muscle aches, cough, headaches, nausea/vomiting, or diarrhea and loss of taste or smell, will be asked to stay home.

