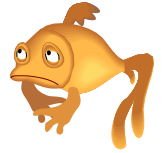




Swim Lesson Parent Handbook



WELCOME TO THE WAVE!



Wave Overview

The Wave Waterpark is a community waterpark that offers a variety of classes, programs, and opportunities for fun. The waterpark runs from late May to September. Swim lessons operate from April through October. The Wave also offers Aquatic Camps, Junior Lifeguards, Counselor-in-Training, Flow Rider Lessons, Waterpolo Classes, Birthday Parties, Groups, Season Passes, Scout Badge Programs, Picnics, Private rentals, and year-round Lap Swim Programs.

As you can see, the opportunities are endless. For more information contact The Wave's Administration Office or visit www.thewavewaterpark.com.

Swim Lesson & Handbook Overview

We are excited that you have chosen to begin or continue swim lessons with The Wave! We offer a variety of classes to suit all of your swim lesson needs. Programs begin for children ages 6 months in our Parent & Polliwog program and continue all the way through stroke development. Our goal is to make your swim lesson experience enjoyable and productive here at The Wave.

This handbook is designed for parents / guardians of children in the swim lesson programs. This book outlines a variety of rules and guidelines related to swim lessons and to The Wave Waterpark in general. It is important that you and your child be familiar with the contents of this manual to assist in creating a smooth and problem-free swim lesson experience. Please read through this manual carefully and retain it for future reference.



The Wave staff is always here to answer any of your questions or address any of your concerns. Please feel free to stop us as we are walking around or leave us a note in the office to contact you at a later time.

Again, we would like to say thank you for choosing The Wave!

Water Safety Rules

Below are listed some key important parts of water safety. Some of these topics may be covered in your child's lessons. We encourage parents to review this material with your child - Water Safety is all of our responsibilities!


1. Always swim with a buddy in a supervised area.
2. Be cool, follow the rule.
3. Look before you leap.
4. Think so you don't sink.
5. Reach or throw, don't go.
6. Don't just pack it. Wear your jacket.
7. Cold can kill.
8. Learn about boating before you go floating!








Waterpark General Park Policies



Listed below are the park policies for all waterpark guests. We have listed these policies, to make swim lesson parents / guardians aware of the general policies for Wave guests. These policies are posted at the main gate of the waterpark.

WELCOME TO...



<div style="border: 1px solid blue; border-radius: 10px; padding: 5px; margin-bottom: 10px;"><p>PLEASE DO NOT ENTER THE PARK WITH COOLERS, FOOD, BEVERAGES, RADIOS, EXTERNAL MUSIC, PETS, OR GLASS.</p></div> <div style="border: 1px solid blue; border-radius: 10px; padding: 5px; margin-bottom: 10px;"><p>PERSONAL FLOATATION DEVICES, TOYS, OR MASKS WILL NOT BE ALLOWED IN THE ATTRACTIONS.</p></div> <div style="border: 1px solid blue; border-radius: 10px; padding: 5px; margin-bottom: 10px;"><p>APPROPRIATE SWIMWEAR IS REQUIRED & DETERMINED BY MANAGEMENT. NO PANTS, VISIBLE UNDERGARMENTS, TRANSPARENT ATTIRE, OR DENIM ARE ALLOWED.</p></div> <div style="border: 1px solid blue; border-radius: 10px; padding: 5px; margin-bottom: 10px;"><p>SOME ATTRACTIONS MAY REQUIRE RIDERS TO BE FREE OF RIVETS, LIFE VESTS, FOOTWEAR & EYEWEAR.</p></div> <div style="border: 1px solid blue; border-radius: 10px; padding: 5px; margin-bottom: 10px;"><p>PLEASE NO RUNNING OR HORSEPLAYING INSIDE THE PARK.</p></div> <div style="border: 1px solid blue; border-radius: 10px; padding: 5px; margin-bottom: 10px;"><p>PLEASE NO DIVING.</p></div> <div style="border: 1px solid blue; border-radius: 10px; padding: 5px; margin-bottom: 10px;"><p>LIFE VESTS ARE PROVIDED AND WE RECOMMEND WEAK OR NON-SWIMMERS WEAR A LIFE VEST AT ALL TIMES.</p></div> <div style="border: 1px solid blue; border-radius: 10px; padding: 5px; margin-bottom: 10px;"><p>DIAPER AGED CHILDREN MUST WEAR A WATERPROOF SWIM DIAPER IN ORDER TO PARTICIPATE IN ATTRACTIONS.</p></div> <div style="border: 1px solid blue; border-radius: 10px; padding: 5px;"><p>CHAIRS AND SHADE ARE AVAILABLE ON A FIRST COME, FIRST SERVE BASIS.</p></div>	<div style="border: 1px solid blue; border-radius: 10px; padding: 5px; margin-bottom: 10px;"><p>RIDE RESTRICTIONS DO APPLY. PLEASE READ ALL SIGNS AND LISTEN TO ALL LIFEGUARD INSTRUCTIONS BEFORE RIDING ANY ATTRACTION. PERSONS NOT FOLLOWING RIDE RULES ARE SUBJECT TO REMOVAL FROM THE PARK.</p></div> <div style="border: 1px solid blue; border-radius: 10px; padding: 5px; margin-bottom: 10px;"><p>SMOKING IS NOT PERMITTED INSIDE THE PARK.</p></div> <div style="border: 1px solid blue; border-radius: 10px; padding: 5px; margin-bottom: 10px;"><p>PARENTS / GUARDIANS ARE RESPONSIBLE FOR THEIR CHILDREN WHO CHOOSE TO EXIT THE PARK UNATTENDED.</p></div> <div style="border: 1px solid blue; border-radius: 10px; padding: 5px; margin-bottom: 10px;"><p>THE WAVE IS NOT RESPONSIBLE FOR LOST ARTICLES. LOST AND FOUND IS LOCATED AT THE WAVE SHACK. PLEASE DESIGNATE A GROUP MEETING SPOT AS WE ARE UNABLE TO PAGE GUESTS.</p></div> <div style="border: 1px solid blue; border-radius: 10px; padding: 5px; margin-bottom: 10px;"><p>ALL RIDES AND ATTRACTIONS CLOSE FIFTEEN MINUTES BEFORE PARK CLOSING.</p></div> <div style="border: 1px solid blue; border-radius: 10px; padding: 5px; margin-bottom: 10px;"><p>PLEASE DO NOT DRINK THE POOL WATER. PLEASE DO NOT PARTICIPATE IN UNDERWATER BREATHHOLDING ACTIVITIES.</p></div> <div style="border: 1px solid blue; border-radius: 10px; padding: 5px; margin-bottom: 10px;"><p>LIFEGUARD TESTING / TRAINING IS AN ONGOING PART OF OUR SAFETY PROGRAM. USE OF SUBMERSIBLE MANNEQUINS AND ACTIVE GUESTS MAY OCCUR DURING YOUR VISIT.</p></div> <div style="border: 1px solid blue; border-radius: 10px; padding: 5px; margin-bottom: 10px;"><p>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.</p></div> <div style="border: 1px solid blue; border-radius: 10px; padding: 5px;"><p>TICKET, OR SEASON PASS IS REQUIRED FOR ADMISSION. HANDSTAMP MUST ACCOMPANY TICKET FOR RE-ENTRY. RE-ADMISSION IS NOT GUARANTEED BASED ON PARK CAPACITY.</p></div>
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THANK YOU & ENJOY YOUR VISIT!

Swim Lesson Policies



**Parents, please help with
keeping students out of the water until their instructor
says it is okay to get in!**

Diapers / Diaper-Aged Children:

- All diaper-aged children must wear approved swim diapers. These are usually available in grocery and drug stores, and are usually brightly colored.
- Please take your kids to the bathroom often to minimize accidents.
- Please change diapers in a bathroom and 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 making a trip to the bathroom or changing a child's diaper. Wash hands by using soap and warm water in the restrooms.

General Health and Hygiene

- Please have your child use the restroom before entering the pool (and wash his or her hands with soap and water).
- Please do not allow your child to swim in the pool 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 or open wounds, or diarrhea will not be allowed in the water.
- Gum and candy must be thrown out before lessons begin (no outside food or drink will be allowed in the waterpark).

Medical Concerns / Special Needs

- If your child has a medical condition please let us know of any special limitations or accommodations your child may need. Please indicate any such requests on your registration form. You may also speak with the Swim Lesson Coordinator prior to the first day of class. This knowledge will aid our staff in giving appropriate care.
- 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.
- In case of emergency, please allow the highly trained Wave Lifeguards to handle all situations.
- A trained Lifeguard will be on deck at all times during lessons.

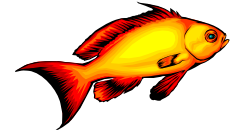
Refund Policy

- Refunds will be made up to ONE WEEK prior to the start of a course. All refunds are charged a \$5.00 processing fee. If the course date is less than one week away, no refunds will be given.
- After the one week deadline, students may choose to transfer to another class at no additional fee.

Make-up Policy

- If The Wave cancels a class for any reason, a make-up day will be scheduled.
- There are no make-ups for classes missed (examples: illness, vacation, schedule conflicts) by the participant, so please make every effort to attend class.
- If a course is canceled by The Wave, a full refund will be given.

Swim Lesson Policies (con't)



Rain Policy

Most classes will continue even in the rain. If you are ever unsure about the status of a class due to rainy weather, please call the office (760) 940-WAVE.

Lost & Found

- The City of Vista and The Wave Waterpark are not responsible for lost or stolen articles; please leave any valuables at home.
- Inquiring about lost and found articles can be done by asking the Swim Lesson Coordinator on deck or by calling the main office (760) 940-WAVE.

Water Quality

- The water quality (chlorine and pH levels) of our pools are checked and documented on a regular basis.
- Our pools are also randomly checked by the County Health Department.
- At times, eye burn is mistakenly associated with a high chlorine level; however, eye burn is actually 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.

Observing the lessons

- Parents may watch the swim lessons (unless participating in the lesson), but are encouraged to stay at least 10 feet away from the pool in the designated observation areas.
- Some parents may be asked to wait in an area that the student cannot see, in order to assist the instructor with certain children.
- Additional siblings or children may watch the lessons with the parent as long as they remain within arms reach of the parent and do not become a distraction to the students, the instructors, or the waterpark operation. Observers need to stay by the competition pool, and are not allowed to be in the pools or other attractions around the park.



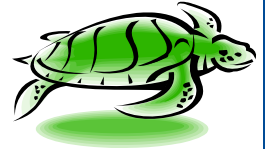
Positive Reinforcement Techniques:

- The Wave Swim Instructors are taught basic classroom management skills for dealing with any disciplinary problems that may arise.
- Swim Instructors may remove students from the water for a “time out” if they feel this to be necessary, or may consult with the parent / guardian or Program Coordinator regarding the concern.

Report Cards:

- At the end of each session, the Instructor will provide the child and parent/guardian with a report card. The report card lists all the skills required for each level and the level at which the child was able to perform
- Any concerns with report cards can be brought to the attention of the Instructor or the Swim Lesson Program Coordinator.
- **Please remember, that every child will not complete each level on the first try. It is perfectly 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.**

Swim Lesson Policies (con't)



Goggles:

- Children may wear goggles (not masks with nose covered pieces), as long as the child can 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 them for some skills.

Swim Attire:

- Swimsuits should be worn that allow for ease of movement
- Boys' swimsuits must be trunks above the knee, and must be secure enough to stay put while jumping into the water. No cut-offs.
- T-shirts restrict movement and are discouraged from being worn as swimming attire (rash guards, a lycra swim material shirt, are allowed)
- Goggles are allowed (no masks) but may be removed for certain skills.
- 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.
- Children who are diaper-aged must wear approved swim diapers.

Personal Toys & Floatation Devices

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

Class Start Times:

- Classes will start at the scheduled start time. Please make sure you arrive with enough time to use the restroom and prepare for class.
- It is recommended to arrive 5 to 10 minutes early.

Class Minimums:

- All classes require a minimum of three 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.

Class Locations:

- Please be advised that different locations throughout the park will be used to teach swim lessons. These locations include the competition pool, the river, and the receiving pool

Pool Use & Sharing:

- At times, swim lessons will share the facility and pool with different events and organizations. Please be advised that different programs may be using the pools or same space that swim lessons use at the same times.

Scheduling Consecutive Lessons:

- We understand that parents may want to enroll their child in consecutive lessons (ie. Level 1 during session 1, Level 2 during session 2...). 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, difficulties may occur in re-scheduling. We will do our best to provide easy class placement, however with full classes the student may have to wait and be transferred to the next session.

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. We cannot understate the importance of parent supervision around water of any kind.

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

- A. Respect your child’s feelings. Teasing or getting angry only makes matters worse. Progress slowly by following these guidelines:
- Provide plenty of time for your child to adjust to the new settings.
 - Concentrate on activities with which your child is comfortable and ready.
 - 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 causes for fear of the water have to do with the way parents / caretakers relate to the children in and around water. These causes may include:
- Being raised by parents or caretakers 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 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 for 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; they can splash 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 30-80 lessons before a child can swim independently. However, to make sure your child does learn to swim well, be sure that he or she completes all of the swim program levels.

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

- A. The instructors will adapt and work with the child or adjust the level to meet the individual child’s needs. This way, your child will feel a part of the group, and will practice at his or her level. If you believe your child needs to be in a different class, consult with the instructor or program coordinator.

Q. Why are private lessons not offered?

- A. As part of the Jeff Ellis Swimming Program and philosophy, one of the keys to success is to provide lessons that are creatively designed to enhance student learning in a challenging, fun and competitive environment. Part of the proven keys to success is the interaction and observation of other students in the same level. We have seen greater progress and learning in group lessons rather than a one-on-one lesson.



General Swim Lesson Program Information

The Wave Waterpark proudly uses Jeff Ellis Swimming program. The program is designed to meet the needs of all students in a fun and flexible learning environment. We believe that swimming should be enjoyable, and that lessons should include fun games and activities that reinforce desired skill sets based on the swim lesson level.

Instructors:

All Swim Lesson Instructors are Jeff Ellis Swim Instructor licensed, Lifeguard licensed, including First Aid, CPR, and AED management. The Wave Swim Instructors have also taken the Wave Waterpark Swim Instructor Training course and orientation.

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 only done as a last resort by our staff. If you have any concerns regarding an instructor or lesson please do not hesitate to speak to our Swim Lesson Program Coordinator.



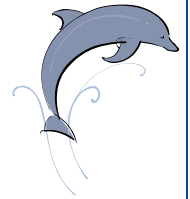
Practicing at Home – Homework

Homework is an opportunity for the parent/guardian to be involved in the 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:

- **Polliwoq / Guppies / Starfish / Seahorses (L1-L4)**
 - Wash face – encourage child to get face wet themselves
 - Shower – parent gently pour water over child's head.
 - Blow bubbles – pretend they are blowing out candles in and out of water
 - Pointed 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 the water. Count to keep track of improvement.

- **Goldfish / Sea Turtles / Eels / Sea Lions / Dolphins (L5-10)**
 - Blow bubbles (L1) – pretend they are blowing out candles in and out of water.
 - Holding Breath – practice in or out of the water. Count to keep track of improvement.
 - Kicking – have child lie on the bed with legs off the side. Child should practice kicks while concentrating on keeping legs straight. Emphasize kicking from the hip.
 - Arm strokes – Have child make big arm circles (scoops) or freestyle arms while walking around.
 - Arms with side breathing – Child sits in parents lap keeping head down as if they were in the water. They pretend to take a breath to the side, blow bubbles down while making big circles with arms.

Course Descriptions



L1: PARENT & POLLIWOG (Ages 6mo-3yrs)

Parent and infant / tot class designed with an emphasis on water adjustment and water fun. Skills include bubble blowing, floats, glides, leg and arm action, lifejacket use, and water songs. In water parent participation required.



L2: GUPPY (Ages 3-5yrs)

Beginner class for ages 3-5. Emphasis on water entries, blowing bubbles, bouncing and movement, submersion of face, front and back floating, basic kicks and jumps from the side of the pool.



L3: STARFISH (Ages 3-5yrs)

Intermediate class for ages 3-5 who have mastered the previous levels. Emphasis on water entries, bouncing, submersion, object retrieval, floating with face in, basic kicks and arm movements.



L4: SEAHORSES (Ages 3-5yrs)

Advanced class for ages 3-5 who have mastered the previous levels. Emphasis on breath control, front float w/ face in and no assistance, back float with limited assistance, front arms with face in & backstroke arms.



L5: GOLDFISH (Ages 5yrs+)

Beginner class for ages 5yrs+. Emphasis on breath control, object retrieval, submersion of body, front & back floats, basic kicks, freestyle arms, backstroke arms, front & back glides.



L6: SEA TURTLE (Ages 5yrs+)

Advanced beginner class for ages 5yrs+. Emphasis on breath control, front & back floats 10 sec., basic kicks 25 yds, freestyle w/side breathing intro, backstroke 15 yds, front & back glide w/chest out.



L7: EELS (Ages 5yrs+)

intermediate class for ages 5yrs+. Emphasis on breath control, front & back floats 20 sec., treading water 20 sec., freestyle kick on front & back, breaststroke kick, backstroke, elementary backstroke 15 yds, breaststroke arms 15 yds, glides.



L8: SEA LIONS (Ages 5yrs+)

Advanced / Intermediate class for ages 5yrs+. who have mastered all previous levels. Emphasis on surface dives, underwater swimming, breath control, floats 30 sec., tread 30 sec., freestyle & breaststroke kicks 25 yds, freestyle w / side breathing 50 yds, backstroke & elementary backstroke 25 yds.



L9: DOLPHINS (Ages 5yrs+)

Advanced class for ages 5yrs+. who have mastered all previous levels. Emphasis on floats 60 sec., freestyle kicks 50 yds., freestyle stroke 100 yds., backstroke 50 yds., elementary backstroke 25 yds., breaststroke & sidestroke 50 yds, butterfly 25 yds., flip turns, underwater pull outs, pace clock, circle swimming.



L10: SHARKS (Adult - beginner & intermediate)

Adult beginning and intermediate swimmers. Skill levels will vary. Focus on water entries, water adjustments, floats, glides and stroke development..

Thank You



We would like to take the time again for choosing The Wave Waterpark as your home for Swim Lessons. We take pride in providing quality programs to our community.

Please feel free to check out our following programs:

- Aqua Camps (ages 7-15)
- CPR / AED / First Aid Classes
 - Lap Swim
 - Birthday Parties
- Season Pass Program
 - Park Rentals
- And much more...

