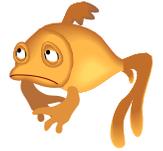




Swim Lesson Parent Handbook



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 September. The Wave also offers splash camps, junior lifeguards, counselor-in-training, Flow Rider lessons, waterpolo classes, birthday parties, groups, season passes, scout cadge programs, picnics, private rentals, mermaid classes and year-round lap swim programs.

As you can see, the opportunities are endless. For more information contact The Wave's administration office at 760-940-9283 or visit www.thewavewaterpark.com.

Swim Lesson & Handbook Overview

We are excited that you have choosing the Wave for your swim lessons home! We offer a variety of classes to suit all of your swim lesson needs. We offer swim lessons for ages 6 month old to adult. We offer stroke development and endurance training. 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 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 talk to the swim coordinator or stop by the office.

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 everyone's responsibilities!

1. Always swim with a buddy in a supervised area.
2. Be cool, follow the rules.
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 THE WAVE

<div style="margin-bottom: 10px;"> <p>PLEASE DO NOT ENTER THE PARK WITH COOLERS, FOOD, BEVERAGES, RADIOS, EXTERNAL MUSIC, PETS, OR GLASS.</p> </div> <div style="margin-bottom: 10px;"> <p>PERSONAL FLOATATION DEVICES, TOYS, OR MASKS WILL NOT BE ALLOWED IN THE ATTRACTIONS.</p> </div> <div style="margin-bottom: 10px;"> <p>APPROPRIATE SWIMWEAR IS REQUIRED & DETERMINED BY MANAGEMENT. NO PANTS, VISIBLE UNDERGARMENTS, TRANSPARENT ATTIRE, DENIM, THONG, G-STRING, OR BRAZILLIAN STYLE SUITS ARE ALLOWED.</p> </div> <div style="margin-bottom: 10px;"> <p>SOME ATTRACTIONS MAY REQUIRE RIDERS TO BE FREE OF RIVETS, LIFE VESTS, FOOTWEAR & EYEWEAR.</p> </div> <div style="margin-bottom: 10px;"> <p>PLEASE NO RUNNING OR HORSEPLAYING. AGGRESSIVE OR ABUSIVE BEHAVIOR OR PROFANITY IS NOT PERMITTED.</p> </div> <div style="margin-bottom: 10px;"> <p>PLEASE NO DIVING. UNDERWATER BREATH HOLDING ACTIVITIES ARE NOT PERMITTED.</p> </div> <div style="margin-bottom: 10px;"> <p>LIFEVESTS ARE PROVIDED AND WE RECOMMEND WEAK OR NON-SWIMMERS WEAR A LIFE VEST AT ALL TIMES.</p> </div> <div style="margin-bottom: 10px;"> <p>DIAPER AGED CHILDREN MUST WEAR A WATERPROOF SWIM DIAPER IN ORDER TO PARTICIPATE IN ATTRACTIONS. PLEASE DO NOT CHANGE DIAPERS ON THE POOL DECK.</p> </div> <div style="margin-bottom: 10px;"> <p>CHAIRS AND SHADE ARE AVAILABLE ON A FIRST COME, FIRST SERVE BASIS.</p> </div> <div style="margin-bottom: 10px;"> <p>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.</p> </div>	<div style="margin-bottom: 10px;"> <p>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.</p> </div> <div style="margin-bottom: 10px;"> <p>SMOKING IS NOT PERMITTED INSIDE THE PARK.</p> </div> <div style="margin-bottom: 10px;"> <p>PARENTS / GUARDIANS ARE RESPONSIBLE FOR THEIR CHILDREN WHO CHOOSE TO EXIT THE PARK UNATTENDED.</p> </div> <div style="margin-bottom: 10px;"> <p>THE WAVE IS NOT RESPONSIBLE FOR LOST, STOLEN, OR DAMAGED 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="margin-bottom: 10px;"> <p>ALL RIDES AND ATTRACTIONS CLOSE FIFTEEN MINUTES BEFORE PARK CLOSING.</p> </div> <div style="margin-bottom: 10px;"> <p>PLEASE DO NOT DRINK THE POOL WATER. PLEASE SHOWER BEFORE ENTERING THE POOL.</p> </div> <div style="margin-bottom: 10px;"> <p>LIFEGUARD TESTING / TRAINING IS AN ONGOING PART OF OUR SAFETY PROGRAM. USE OF SUBMERSIBLE MANNEQUINS AND LIVE ACTIVE GUESTS MAY OCCUR DURING YOUR VISIT.</p> </div> <div style="margin-bottom: 10px;"> <p>CAMERAS ARE NOT ALLOWED ON ANY ATTRACTION OR IN USE IN THE RESTROOMS. PLEASE KEEP PHOTOS / VIDOES TO WITHIN YOUR OWN PARTY.</p> </div> <div style="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="margin-bottom: 10px;"> <p>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.</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 available in most 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 their 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, open wounds, or diarrhea will not be allowed in the water.
- Gum and candy must be thrown out before lessons begin.
- Do not drink the pool water.

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 can also speak with the Swim Lesson Coordinator prior to 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.
- All swim instructors are training lifeguards. In addition, there will be a lifeguard on duty at all times during lessons.

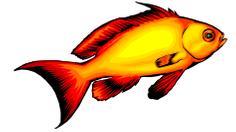
Refund Policy

- If a refund is requested one week before the class starts a full refund minus a \$5 processing fee will be granted.
- If the class is less than one week away, no refunds will be given only transfer credits to a different class or program.
- Beginning on the second day of class, no refunds or transfer credits will be given.
- 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.

Make-up Policy

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

Swim Lesson Policies (con't)



Rain Policy

- Classes will continue even in the rain. Classes will be cancelled only if there is lightening in the immediate area. If you are ever unsure about the status of a class due to in climate weather, please call the office (760) 940-9283 (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 San Diego 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 behavior concerns.
- 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 wander 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 Swim 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 and one Wave ticket so the participant can come back and practice their skills.
- **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 need to 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 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 may be used to teach swim lessons. These locations include the competition pool, the river, and the receiving pool

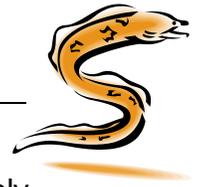
Pool Use & Sharing:

- At times, swim lessons will share the facility and pool with different events and organizations. (example: swim meets or practice, waterpolo games or practice, training classes)

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 emphasize enough 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 multiple 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 Swim Coordinator.

Q. Do you offer Private Lessons?

A. Yes, we do offer private or semi-private lessons (siblings) for all levels. Please contact The Wave Office for additional information regarding scheduling availability.

General Swim Lesson Program Information



The Wave is an independent and authorized provider of the Starfish Swimming® Program. The Starfish Swimming® Program is a nationally recognized swim instruction program developed by the Starfish Aquatics Institute. 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 instructors are Starfish Swimming Instructors and StarGuard ELITE licensed Lifeguards (includes First Aid, CPR, AED, and oxygen use). In addition, the instructors have completed The Wave's Swim Instructor Training Course.

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:

- **Star Babies / Star Tots**
 - 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.
- **Star Tots / Swim School**
 - Blow bubbles – 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 & 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



STAR BABIES (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.



STAR TOTS (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.
- Swim #2: I can perform a relaxed front, back, vertical and side position for at least 5 seconds each.
- Swim #3: I can enter the water from the wall, submerge, turn around, grab wall and pull up.
- Swim #4: I can submerge off the wall, come to the surface unassisted, get a breath in a vertical or horizontal position.
- Swim #5: 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.
- Safety #2: I can float in the water with my lifejacket on.
- Safety #3: I know how to throw a floatation item to someone who needs help.
- Safety #4: I know it is important to use the restroom frequently.
- Safety #5: I can jump in with my clothes / pajamas on and return to the wall.

Course Descriptions



SWIM SCHOOL (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.
- Swim #2: I can jump in, go underwater, come up, take a breath, roll onto back and breathe for 5 seconds.
- Swim #3: 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 #4: I can jump in, recover to side glide position and kick 10 feet.
- Swim #5: 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 #3: I know how to throw a floatation item to someone who needs help and know how to call 911.
- Safety #4: I can tread water 15 seconds.
- Safety #5: I can tread water and survival float for 30 seconds.



STROKE SCHOOL (5yrs +):

Stage Focus:

- Freestyle, intro to backstroke
- 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.
- Swim #2: I can perform 30 feet backstroke and 15 feet arm-down pulsing.
- Swim #3: I can swim 4 strokes butterfly with 1 breath, then swim remainder of pool freestyle.
- Swim #4: I can swim 30 feet breaststroke with good timing and extension.
- Swim #5: 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.
- Safety #2: I can put on a lifejacket from in the water.
- Safety #3: I know how to throw a floatation item to someone who needs help and know how to call 911.
- Safety #4: I can discuss the Starfish Safety Concepts with an adult.
- Safety #5: I can tread water or survival float for 2 minutes.

Level Prerequisites

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



STAR BABIES PREREQUISITE SKILLS (6mo-3yrs):

Prerequisite Skills:

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



STAR TOTS 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.



SWIM SCHOOL 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.



STROKE SCHOOL PREREQUISITE SKILLS (5yrs+):

Stroke School-L1: Student can tread water 15 sec., side glide & freestyle swim 30 ft. w/ breathe pattern.

Stroke School-L2: Student can swim 30 ft. freestyle w/ breathing and 30 ft. backstroke.

Stroke School-L3: Student can swim 4 strokes butterfly with one breath to pool length freestyle.



ADULT SCHOOLS 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

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:

- Splash Camps (ages 7-15)
- Junior Lifeguards (ages 10-15)
 - Mermaid Classes
 - Babysitting
 - Lap Swim
 - Birthday Parties
 - Season Passes
 - Park Rentals
- And much more...

