

## MES Swimming Info

Here at MES we have the unique opportunity to teach our elementary students to swim. Every student in grades 1- 4 comes to the swimming pool once a week. This swimming class lasts for 45 minutes and is part of our Physical Education curriculum. All swimming lessons are guided by the Red Cross swimming curriculum, but are individualized to meet the needs of each student. Our goal is for every child to become a proficient swimmer during their time here at MES.

### What Your Child Will Need for Swimming

- Swimming suit
- Towel
- Swim bag to put wet suit and towel into when finished
- Hair tie for anyone with long hair

### Suggestions

- Have your child wear clothes that are easy to get on and off on swim days
- Have your child practice getting dressed and undressed at home before swimming class. They will need to be able to do this on their own
- Practice tying and untying shoes with your child because this is something we require for swim class

### Frequently Asked Questions

Q: Are there any lifeguards on duty during swim class?

A: Yes, both of the swimming teachers are certified lifeguards

Q: My child is very scared to swim. What can I do to make them feel better about swimming?

A: Have a talk with your child and explain that we will not be doing anything scary in class. We take it very slow and individualize the lessons for each student to make them feel comfortable and safe at all times. We will not ask your child to do anything that is too difficult or unsafe for them.

Q: What will my child be learning in swim class?

A: We follow the Red Cross swimming curriculum. Younger students will learn the basics of floating and moving in the water. As the students progress through the program, they will learn water safety, 6 different swimming strokes, and a variety of swimming related skills such as treading and diving.

Q: Are the students allowed to wear goggles?

A: Yes, students can bring goggles that do not cover their nose. They will be able to wear them during swimming at times, and during any play time they may have.

Q: How deep is the pool?

A: The shallow end of the pool is 4 foot deep. It gradually gets deeper until it reaches a depth of 6 foot 8 inches. Inexperienced swimmers stay in the shallow end of the pool.

Q: Can the students shower off after swimming class?

A: Due to time constraints, students are not allowed to shower after getting out of the pool.

Q: Can my child wear floaties or a puddle jumper to class?

A: No, we do not allow any type of flotation device to be worn during class. We will teach the students the necessary skills to be able to remain safe and swim without any type of flotation device.

Q: What happens if a student forgets their swimming supplies?

A: We have a very large supply of swimming suits and towels that can be borrowed by students who forget their swimming supplies. All suits are in good condition and are washed daily here at the school. A student who forgets will be given one reminder, and then they will lose a DOJO point for being unprepared for class.

Q: Can students wear ear or nose plugs?

A: Students can wear ear plugs, but we ask that parents teach the student how to put them in on their own. We do not allow nose plugs. Many skills require swimmers to breathe out of their nose while swimming.

Q: What do I do if my child is sick or injured?

A: If your child is sick or injured please provide the office with a doctor's note. A parent may write a note for their child to sit out, but no more than one will be accepted. Certain exceptions do apply for female students.