

Swim Lesson FAQ

Q: How do I know what swim class to register for?

A: Depending on your swimmer's ability you will sign up for either shallow-end lessons or deep-end lessons. If your swimmer is new to swimming or is unfamiliar in deep bodies of water you can register for shallow-end lessons. If your swimmer is an experienced swimmer and can swim for long period of time in deep bodies of water then deep-end lessons will be for you.

Q: What will be covered in lessons?

A: We follow the American Red Cross Learn to Swim program. Their swim lessons are categorized by Swim Levels 1-6. Shallow-end lessons will cover swim levels 1-3 and deep-end levels will cover 4-5. For more info on the criteria for swim lessons please visit www.redcross.org/take-a-class/swimming/swim-lessons/kids-swim-lessons

Q: How do swim lessons run?

A: On the first day of classes, everyone registered will take a swim test by trying to swim the length of the pool without failure. Once your swimmer completes this test they will be placed in an appropriate level with an instructor. Your swimmer will stay in that class for the remainder of the session unless moved otherwise by an instructor or the Swim Lesson Coordinator.

Q: Can my swimmer move up or down in level?

A: Yes, any swimmer can be moved up or down in level. Some swimmers learn faster than others and it takes time to understand and perform certain swimming skills. Moving swimmers up or down will be in the best interest of the swimmer for them to perform their best on their own when outside of lessons.

Q: Where will swim lessons be held?

A: In the summer all of our swim lessons will be held at Centennial Pool located at 9401 S Nashville Ave. During our indoor season, all classes are held at Oak Lawn Community High School located at 9400 Southwest Hwy.

Q: What should I bring to swim lessons?

A: We recommend bringing a towel, a change of clothes, and a pair of goggles. However, there are a few things that are prohibited from our pool and swim lessons. Goggles that cover the nose are not allowed in our pools as they can be a safety hazard. In addition, we ask that you do not bring any flotation devices as it could affect your swimmer's progression in lessons. If your swimmer does need some extra assistance in the pool we have our own flotation devices that we use specifically for lessons.

Q: How many lessons are there in a session?

A: Typically, there are 8 classes in each session of swim lessons but this can be changed from session to session.

Q: Are there any make-up days?

A: Unfortunately, due to the schedule of our pools and mandatory lifeguard trainings we are unable to have make-up days in our summer sessions. Similarly, in our indoor season, there are limitations in the schedule as we host our lessons at the Oak Lawn Community High School and this is not our facility. If there were to be a class canceled for any reason, a credit for that class would be applied to your household for later use.