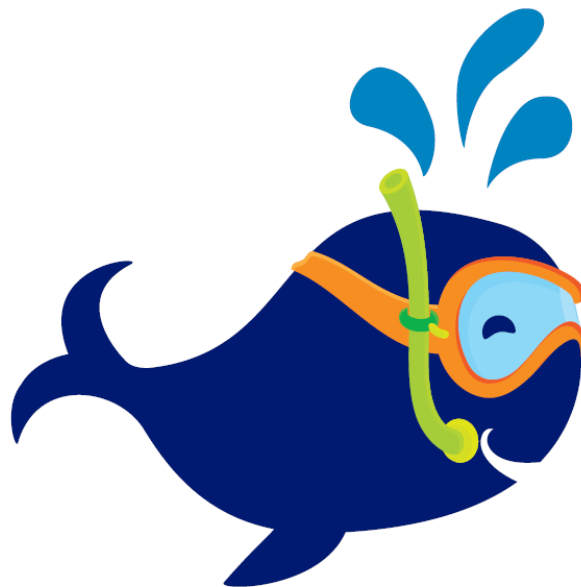


SAFE N SOUND
SWIMMING

AFTER SCHOOL SWIM PROGRAM

Coe Elementary



Westlake Location

2040 Westlake Ave N. Seattle, WA 98109

Email: camps@sns swim.com

Phone: (206)285-9276

What to Expect

School Pick-Up

Our staff members will meet the students for dismissal time in the cougar lobby by the elevator. We will be wearing our bright green staff shirts. Once all the students are checked in, we will walk together to the van.

Transportation

The SNS 15 passenger camp van, driven by the director, will be at Coe Elementary. **We can provide full or booster car seats upon request.**



Pick up and Check Out

Located at our street level craft room. (Door located to the right of Westlake Marina stairs) Beginning at 5:30pm at the Westlake location, children are to be signed out before departure. A photo ID is required every day, and only pre-approved adults are allowed to sign children out. Please keep this list up to date. **After 5:45pm, families will be charged \$5 per child for every 15 minutes their child(ren) remain in care of Safe N Sound Swimming.**

Early pick-ups may be accommodated with advanced notice.



Parking at the Pool

All numbered spaces are paid by the hour until 4pm, Monday-Friday, and is monitored by the city of Seattle.

What to Bring

Proper fit swim suit and extra snacks. We provide towels, water bottles and a light snack. Goggles and swim caps are optional but recommended.

Changing Areas

SNS provides several areas to change before and after swimming. Separate boys and girls locker rooms with showers, restrooms, cubbies and swim suit dryers, are also available.



After School Programming

***The After School Program will be cancelled when school is cancelled**

Please review the following with your child:

Camp Safety Rules

- ✓ **Be Respectful-** language, space bubbles, treating others, listening, SNS toys and equipment
- ✓ **Be Safe-** walking, voices, pool rules, lunches/snacks, hands to ourselves, staying with group, buddy system (groups of three).
- ✓ **Be Responsible –** your belongings and cubby, cleaning up camp games, your actions-honesty
- ✓ **Be Kind-** words, positive attitude, fair play, invite others to play

Safe N Sound Adventure Camps Discipline Policy

First Offence- Given a verbal warning

Second Offence- Sitting out of an activity

Third Offence- Talk with a director and possible call home.

Fourth Offence- Sent home from camp. All campers and staff must feel physically and mentally safe while participating in our programs.

Snack

We are not a peanut/nut free facility. A light snack will be provided daily, in addition to what campers bring with them.

Games & Homework Time

We will have the options to play tag games, indoor bowling, board games like Headbands, cards and puzzles. We will provide homework assistance or reading time.



Free Swim

Our students will have one full hour of free swim. They will change in locker rooms, where there are cubbies to store belongings. All swimmers will shower before and after swimming. There is a dedicated space in the shallow end (3 feet deep) for swimmers to play or practice. Once your child passes the deep-end swim check with their instructor, they are invited to play or practice in the deep-end of the pool on their own.

Life Jackets are available to wear in the shallow end.

8ft deep end swim check

All swimmers who wish to swim in the deep end will need to do a swim check. The deep end swim check consists of: crawl stroke swim across length of pool in shallow end. Then, jump in the deep end, back float for ten seconds and crawl stroke swim length of pool.

Illness Prevention

Mild illnesses are common among children. If you choose for your child, or your child chooses to not participate in free swim, there will be alternative supersized activities on pool deck such as coloring, puzzles and Legos.

If your child is participating in private lessons, please inform Safe N Sound Swimming before 1pm the day of your program to receive an early cancellation of that lesson. If we are not informed, the pre-paid lesson will be used as if your child swam, and will be taken off your lesson pack.

We also ask that all families observe Public Health Regulations which state that if you have a communicable disease, open wound(s) or have been ill with vomiting or diarrhea in the past 2 weeks. Do not swim. You may return into our pool after you have been symptom free for 2 weeks.

Pool Rules:

POOL RULES	FREE SWIM RULES
<ul style="list-style-type: none">Do not enter the water without Instructor or Lifeguard presentNo running or horseplayNo food or drinks allowed on deck or in the poolGlass is prohibited in the pool areaPets are not allowed in the pool area unless they are service animals 'on duty'Bathers with seizure, heart or circulatory problems are advised to swim with a buddyDiving is only allowed from the deep-end side walls	<ul style="list-style-type: none">Children MUST be supervised by an adult at all times (18 years or older)Please limit free swim to 15 minutesNo Jumping into the pool from the deckNo Rough play, pushing, or dunking other swimmersNo Kickboards, noodles, or other floatation toys in the shallow endPlease do not hang on the ropePlease do not interfere with lessonsStudents must pass the Safe N Sound deep-end test to free swim beyond 5 feet



Absences

We must be informed, by phone or email, of your child’s absence from the after school program **prior to 12pm the day of their after school program**. There will be a **\$10 No Contact Absence/Late Cancel charge** if there is no contact, or contact is made after 12pm. This is to alleviate confusion during the after school pick up.

Pricing

The After School Program is \$124/month for one day a week. This includes the program and 1 private swim lesson. Program fees are billed on the first of every month to the securely stored credit or debit card.

The monthly private lesson will be scheduled by the director. The lesson cannot be shared between family members and expires at the end of each month.

Weekly private One-on-One Lessons can be bought in packs of 4 or 8. The lessons must be pre-purchased before the director can book them. A new pack of lessons will automatically be charged to the credit card on file, after the last lesson in that pack is swam. The auto-renewing lessons packs may be canceled at any time with a 14 day written notice. Any unused lessons will be on your family’s account for one year, no cash refunds given.

Lessons	Price
4 Lesson pack	\$112
8 Lesson pack	\$224

Lessons can be shared among family members

Lessons will be scheduled as frequently as requested.

If you child is unable to swim the scheduled lesson due to illness, the pre-paid lesson will be used as if your child swam, and will be charged or taken off your lesson pack, unless we are contacted prior to 1pm the day of your child’s program.



Lesson Offerings

Optional – Weekly Private One-on-One Instruction

- Based on our daily availability, the program director will book the swim lessons for you!
- We offer exclusively one-on-one private lessons for children starting at 2-years of age through adults of all ages.
- Each lesson is 15 minutes long. Two can be booked back-to-back for a total of 30 minutes.
- We focus on teaching safety and respect for the water.
- We are able to tailor each lesson to the individual's needs.
- We can go faster or slower depending on skill and comfort level in the water.
- Each instructor is trained and certified in our unique style of instruction.
- Instructors are experienced swimmers who receive 30-hours of training and team teaching time prior to receiving their own schedule.

Why does SNS only offer private lessons and not group classes?

During a lesson, each student has the instructor's undivided attention for 15-30 minutes. This focused learning helps the child to quickly gain necessary swim skills. They are encouraged to stay in the pool for free swim and play or practice the skills they worked on with their instructor.

Why are lessons only 15 minutes long?

Since the lessons are individual, they are typically at a much faster pace and demand more from each child. Students are given a lot of information during their lessons. For these two reasons we have created the schedule in 15-minute increments. You may schedule two lessons back-to-back for an equivalent 30-minute lesson.

How many lessons will it take for my child to swim?

Since each individual child is different, determining a timeline is a difficult question to answer. What we can tell you, is that with the focused one-on-one attention that we provide, your child will swim when they feel comfortable and are ready.

My child is afraid of the water. Is your program right for them?

Absolutely! Our instructors are trained to work with students in a wide range of ages, skills, and comfort levels. Each person learns at a different rate, but fear of the water can be overcome through consistency in lessons and practice, as well as encouragement from the instructor, and student's family.

