



SWIM LESSON

Faq's

Program Details and Policies

Where are you located?

We are located in Oswego East High School on Wolf's Crossing and Harvey Road. You enter the pool by using [Door 29](#) (which is around the back, opposite Door 41).

Is the Oswego East High School pool heated?

Yes, the pool is heated to 80-82 degrees.

What are the costs?

Group classes are priced at \$20 per lesson. There is a non-refundable \$25 annual administrative registration fee per swimmer, charged at the initial enrollment and annually on the anniversary date. This fee covers administrative costs and liability insurance for each child's participation.

What are the requirements for my child to start group swim lessons?

To participate in our group lessons, your swimmer must be at least three years old and fully potty trained before the first day of class. Children should be able to enter the water independently, without a parent or caregiver joining them in the pool. We also expect our swimmers to be ready and willing to positively cooperate in a structured lesson setting. If you have any doubts about your child's readiness, we recommend waiting until they are more prepared to begin.

How are swim levels organized?

[Delta Aquatics SwimAmerica lessons](#) offers a [progression of swim levels](#) designed to build skill development and stroke mastery. Swimmers advance at their own pace, moving to the next level once they have mastered the necessary skills and goals. Our Lesson Supervisor conducts ongoing evaluations throughout each session, ensuring that students are ready for the next challenge.

Our levels include:

- **Alpha (Learn to Swim):** For newer swimmers needing support, focusing on water comfort, safety skills, and independent movement.
- **Beta (Stroke Development):** For swimmers comfortable in the water, focusing on freestyle with proper breathing, backstroke basics, deep water comfort, and dive progressions.
- **Gamma (Pre-Competitive):** For swimmers familiar with freestyle and backstroke, ready to refine technique, work on all four competitive strokes, and build endurance.

How do I determine the right level for my child?

To select the appropriate level, [use our flowchart](#) to determine your child's highest swimming ability. New swimmers will be assessed on the first day to ensure they are placed in a level suited to their current swimming abilities. This allows us to confirm proper placement and make any necessary adjustments so they can learn and progress effectively. If you're unsure, please contact our Swim Lesson Coordinator at lessons@deltaaquatics.com for assistance.

When are group classes offered?

Swim lessons run twice a week on a Monday / Wednesday schedule during the school year. Due to home high school meets, the SD308 School Calendar and available pool space, our lessons sometimes vary in number of lessons per month. Classes can vary with 4-8 lessons per month. We run many different sessions of varying lengths in a year in an effort to accommodate and take advantage of things like school vacations, summer break, holidays, etc.

How long are the classes?

Each group class is 30 minutes in length.

Does it matter which class I sign up for?

Yes. Please read the class descriptions carefully. The student must master all the prerequisite skills for a given level before starting lessons. By choosing the appropriate level, the student will be more likely to succeed. Please check all class levels to determine which classes will best accommodate the student's needs.

What is the instructor to swimmer ratio for group lessons?

We follow SwimAmerica guidelines, which recommend a ratio of 1 instructor per 3-5 students. Specifically, our Alpha level has a 1:2 ratio, Beta level has a 1:3 ratio, and Gamma levels may have up to a 1:4 ratio. Some classes may have smaller ratios if registration is not full. Since class sizes are limited, we strongly recommend registering early on the first day of registration if you need a specific day and time to fit your schedule.

Do you offer make-up classes?

We do not offer make-up classes for a student's absence due to scheduling conflicts or illness. Our program is very popular, and classes are always at capacity, with instructors scheduled based on your enrollment commitment. If we unexpectedly have to cancel a class, we will announce a make-up session or issue a credit to your account for the missed lesson.

Will swim lessons be held during severe weather or hazardous road conditions?

Our program takes place at Oswego East High School, part of Oswego School District 308. If after-school activities are canceled in District 308 due to inclement weather, swim lessons will also be canceled.

Do you offer refunds?

Due to high demand and limited enrollment, refunds are only considered for medical emergencies and require a doctor's note. A \$25 non-refundable registration fee will apply. If your child misses more than half of the scheduled lessons due to illness, credits for the next session may be issued upon submission of a physician's note. This note must specifically reference the days missed and be provided before the session ends. The pool at Oswego East High School is a multi-use pool and the water temperature is set between 80-82 degrees. We cannot issue refunds or credits for swimmers who feel the water temperature is too cold.

What should I do if my child has a medical condition or is feeling unwell?

- Please notify us if your child has a medical condition, such as, but not limited to, allergies, seizures or epilepsy, and make a note on your child's swim lesson registration. We may request that your child obtain a medical clearance from a physician prior to starting swimming lessons. In the event of an emergency, knowledge of medical conditions will aid our staff and emergency personnel in providing care.
- To prevent the spreading of illnesses, your child MUST NOT attend lessons if:
 - Child has had a fever or has vomited within the last 72 hours
 - Child has had diarrhea in the last 72 hours
 - Child has green/yellow discharge from the nose

Where can I find my swimmer's evaluations?

You can view your swimmer's evaluations by going to <https://deltaaquatics.captyn.com>, logging in and clicking on your swimmer's name. All lesson evaluations for your swimmer will be under their ACTIVITY, so you can look back at your progress as you continue with our program!

Who do I contact to discuss questions about my child or the program?

For any questions regarding swim lessons, please reach out to our Swim Lesson Coordinator at lessons@deltaaquatics.com. Our goal is to teach your child to swim in the best way we know how, while also ensuring that you understand and are satisfied with our program.

What is the role of the Lesson Supervisor?

The Lesson Supervisor is responsible for managing class operations, addressing questions, and ensuring overall safety. To avoid disrupting lessons, please direct all inquiries and concerns on the day to the Lesson Supervisor. They may also participate directly in lessons to support your child's success, maintaining high standards of instruction and care through their active involvement.

Preparation and Expectations

I've signed up my child...Now what?

Before you leave the registration website, make sure you write down the start date and class time of your child's lessons. This will save you time by eliminating unnecessary emails, or a trip to the pool on a day or time that you are not registered for. Please also note any dates during the month when class is not held.

What should you bring to class?

- Must haves: Please do not feed your child or give him/her milk or juice one hour before his/her swim lesson. If your child is frightened or cannot hold his or her breath, no eating 3 hours before is preferred. Nervous children often swallow lots of air and sometimes water which may cause a student to become sick.
- Please bring:
 - swimsuit
 - towel
 - swim cap (required for Alpha 2 and above - swimmers get a cap when they pass Alpha 1)
 - goggles are highly suggested
 - [Neoprene Wetsuit for Kids](#): This has neoprene in the core of the suit, but then on the arms and legs, it is just rash guard material, so they can move easily. Anything else will limit movement.

Can I stay and watch?

A parent or guardian **MUST** be present during all swimming lessons. We have an excellent viewing area from our open balcony overlooking the entire pool. We simply ask that parents stay off of the deck. All spectators must remain in the balcony area during swim lessons. Please help us maintain a positive and distraction-free learning environment for all of the swimmers. If your child is left unattended before or after swimming lessons, we will notify your emergency contact. If he or she cannot be reached, we will contact the police.

What can I expect on my child's first day of class?

On the first day of each session, we make a thorough assessment of each child's skills so that they are placed in the appropriate level. Our instructors will spend some time getting to know their swimmers with a few "dry-land" activities before getting in the pool. You can expect your child to spend a lot of time learning proper breathing techniques both on-land and in the water the first few days of class. Good breathing is the KEY to good swimming. A child who has not learned how to breathe properly tires more quickly in the water. We will spend a lot of time working on bobs and other breathing exercises at all of our levels.

How can I help my child be successful in the swimming lessons?

All students need times when they can learn through exploration. Take your child to a pool for open swim. Swimming is a sport or recreational activity that will last a lifetime. Your child, whether he/she is a beginner or more advanced, needs to go to the pool and have time just to play.

This is also a time when children will begin to practice and develop important skills and techniques while they are having fun. Many children only go to the pool for class and so never get any practice time or enjoyment from being there. Children whose parents show enjoyment for the water tend to learn faster than those who have parents who don't.

Playing in the pool also builds the child's strength, stamina and general skills. Going to the pool and playing with your child under safe, supervised conditions is one of the best ways to help your child be successful in swimming lessons.

What can I expect my child to learn at Delta Aquatics Swim Lessons?

At Delta Aquatics Swim Lessons, we take pride in being an accredited Swim America facility, offering a structured, float-swim-float program that prioritizes safety and emphasizes correct stroke technique from the very beginning. Our program ensures that every child learns and progresses at their own pace, guided by their age, athleticism, and natural comfort in the water.

Mastering floating is a fundamental skill that every swimmer must achieve before advancing to more complex techniques. While some children may progress quickly—advancing more than one level in a single session—others, particularly very young swimmers, may require multiple sessions to move beyond foundational levels like Alpha. On average, preschoolers may need 20 or more lessons to advance to Beta.

We are committed to quality over speed; no child will be advanced before fully mastering the skills of their current level. Proper breathing is the cornerstone of successful swimming, and our approach is designed to build confidence and skill step by step, ensuring a safe and rewarding experience for every swimmer.

How will I know when my child is ready to move to the next level?

At Delta Aquatics Swim Lessons, your child's progress is closely monitored daily by their instructor and the Lesson Supervisor, who ensure swimmers meet all the goals of their level and advance at their own pace. Each level builds upon the previous one, from blowing bubbles to swimming 50 yards—a journey that takes years of practice and dedication. Swimming is a lifelong skill, so patience and encouragement are key as your child progresses.

When your child has consistently and successfully mastered all the skills in their current level, the instructor will notify you, and your child will receive a sticker for their certificate along with a card outlining the new level and skills they'll be working on. They will then immediately advance to the next level and often transition to a new instructor. To make this change exciting, celebrate their progress and encourage them to look forward to the next step in their swimming journey!

What happens if my swimmer passes a level during a session?

If your swimmer passes a level in the middle of a session, we will accommodate them in the new level.

I feel like my child is learning/progressing too slowly. What should I do?

Plateaus are common, especially when a child faces a hurdle that is especially difficult for them. Our instructors are sensitive to these issues and are trained to motivate and guide swimmers through these challenging levels. It is very important that you speak with our Swim Lesson Supervisor if you are concerned with the pace of your child's swimming lessons.

Will my child receive one-on-one training during a group lesson?

No, group lessons are a popular option for young swimmers because of their affordability and the opportunity to engage in social interaction with other participants. This provides ample opportunity to meet new friends, while still learning swimming skills and levels.

Lesson Readiness and Support

How do I know if my child needs swimming lessons?

Children need lessons to learn safety skills. The most important skill is the “roll over and float”, a skill where your child will learn to roll to his or her back to get air, providing you with precious time to get to them in the event of an accidental immersion. Other skills, like swimming to the wall if they fall in, need to be learned as well.

Also, children need swim lessons to learn-to-swim on top of the water. Underwater swimming cannot save a life, and is the unfortunate cause of many drowning incidents in the US each year. Children tire quickly under water and trying to sustain underwater swimming can lead to drowning. Learning a good freestyle stroke with proper air exchange will help your child gain confidence in the water and may save their life.

When should I start my child in swim lessons?

There are many differing opinions about when to start. Some experts recommend starting as early as 6 weeks, where the infants still have a breath-holding reflex. Most will recommend (with parents in the water) 6 months to 1 year for starting. Others encourage waiting until the child is four to five years old, so that they are able to follow directions and have developed some balance, strength and coordination.

Below the age of three (3), the American Association of Pediatrics warns against placing infants underwater more than 3 times in class or for more than 5 seconds at a time. Ear and sinus problems can be attributed to excessive underwater exposure with infants. Based on this warning, Delta Aquatics does not offer classes below the age of three (3).

Acclimating your child to water through different exposures (i.e. bath, shower, garden sprinkler, wading pool, splash pads or sprinkler parks), or just going in the pool with your child, will create a good foundation before they take formal lessons.

How often should my child take swim lessons?

Swim lessons are 30 minutes per lesson. Children progress faster with more practice. The problems that many students and parents face are availability, affordability and scheduling. Everyone’s situation is different, but a continuing regiment of lessons throughout the year is best. Whether it is once-a-week during the school year and every day in the summer, or twice-a-week year round, the results will be good with that much exposure.

Parents and students get frustrated when they are not as good at the beginning of “this summer” as they were at the end of “last summer”, yet they had no lessons or only a few exposures to swimming all during the school year.

Swimming is a skill that takes practice. You don’t learn over-night and you can’t retain the skills year-to-year without practice. Think of taking piano lessons for 2 weeks this summer and then again until 2 weeks next summer. Did you improve your skills? Without practice during the year you are probably staring over. Swimming, unless practiced, will have the same results.

How long will it take for my child to learn to swim?

It depends. Factors such as age, social development, and physical development can all influence learning of physical skills. It may take 20 or more lessons to learn the basic skills of floating, kicking, returning to the wall, and rolling to their back to breathe, as well as float and rest. Older students that have mastered the first skills of breathing, floating and kicking will learn more rapidly. If your child has not been in the water since last summer, they may have regressed a little and will catch back up quickly.

What should I do if my child is afraid of swimming lessons?

Instructors are trained to handle swimmers who cry or are afraid. With children under 5 years old, it's very difficult for you to reason away fear. It's better to acknowledge their feelings and reassure them that you would not put them in any danger. When you come to the Delta Aquatics Swim Lesson Program, we ask you to bring them into the pool area already dressed to swim. Let them look around a little, then calmly hand them to their instructor, who will take it from there. The instructor will work to establish rapport with your child. Then they'll be trusting enough to start learning to swim.

With children five years and older, you need to be committed to helping them overcome their fears. Be ready to stand fast no matter how much they protest. You don't want them to "cry their way" out of swimming. It's unfair to children to have them work partially through a fear and not experience the pride that comes from conquering it. And once they conquer it, they'll be ready to have fun swimming.

What if my child cries during class?

Instructors are trained to handle swimmers who cry or are afraid. If your child cries, it doesn't mean he isn't ready for swimming lessons. He may be adjusting to the separation from Mom or Dad, getting accustomed to the new surroundings, or just having a bad day. If you give your child some time and let him see that you're confident, he/she will follow your lead, relax, and enjoy this wonderful experience. We will be as patient as we need to be. Let us handle it. Your child will eventually adjust and we will help them by gently pushing them along the way.

What if my child does not like swimming lessons?

Swimming, like many activities, generates anxiety in some children. This anxiety may be most evident on the first day of lessons. As each week progresses, your child's anxiety should be less and less evident. That's why we schedule multi-week sessions. Time, familiarity and consistency ease the anxiety.

You can help your child through this period by bringing them to open swim time. The opportunity to use the pool on "their terms" often helps. Play is a terrific teaching aid. Stick with it, Mom, Dad and Guardian, this is a skill for life that you are giving your child.

What if my child has a disability?

We teach all swimmers regardless of their disability. Group and private lessons are available depending on the individual need of the swimmer. We even have para swimmers on our swim team competing at the national level!

Is it OK for my child to wear floaties/float bathing suits when we are not at lessons?

We do not promote prolonged use of floatation devices of any kind for teaching swimming skills. When "floatie" devices are used repetitively, children become accustomed to a vertical position and it makes it more difficult for them to adjust to a horizontal position – which is the position that is the safest and most efficient position for them in the water.

However, we do consider safety of the utmost importance and believe that floatation devices, like lifejackets, should be used in aquatic settings to protect children.