



Swimming Instructions

These instructions are for parents of Primary students enrolled until at least 3 p.m. OR Elementary students who selected Swimming as their afternoon option for summer school.

Swimming Schedules

Swimming begins the first day of the session and students will swim Monday-Thursday each week. Lessons are facilitated by the Redlands Swim Team at Redlands High School. Children will be transported to and from the pool by bus.

- The lesson time for **Kara/Jenny** and **Nikki's** students is 12-12:30 p.m.
- The lesson time for **Jean/Maryhelen's, Sara's, and Maria's** students is 12:30-1 p.m.
- **Elementary students** will have lunch at the pool 12:30-1 p.m. and lessons are 1-1:30 p.m.

Because of this schedule, **Elementary swimmers** will need to bring a sack lunch Mondays-Thursdays (nothing that needs warming, please). Students who order pizza for Wednesday will be able to take it with them.

Primary students will have lunch in their classrooms.

What to Bring/Wear

All students should wear sunscreen and their bathing suits to school under their street clothes. Hats are recommended. **Primary girls** will find it much easier to use the restroom if they have two-piece swimsuits.

Students will need a backpack with a towel and additional underwear.

Watching Your Child Swim

Parents may watch the lessons. **Please consider whether your presence will distract your child from focusing on the lessons as you make your plans.** We don't recommend coming to the first few lessons as children will focus on you, not the lesson.

MIR staff is required to keep track of the children at all times. Please do not help children on the pool deck so that we may do so, and to allow your children to feel the accomplishment of helping themselves. Insurance guidelines require that you stay in the bleachers.