



## Parent Information Series #6 – Aquatics

We are thrilled to invite your children to camp, where they will delight in our fantastic aquatics program!

All camps hosted at the Main J will have the opportunity to experience our state-of-the-art aquatics facilities. Kaleidoscope campers will enjoy the Merfish pool at their own private oasis of fun.

### **Instructional Swim**

Campers enrolled in Camp BAMI, STARS, Kinder Camp and Camp Kaleidoscope (first and second grade) will engage in instructional swim as a part of their J Camps experience. These sessions will take place Monday to Thursday with Friday designated for recreational free swim. BAMI and Kinder campers will utilize the indoor pool for instructional swim. Kaleidoscope campers will enjoy swimming in the outdoor pool at the Merfish.

Our swim classes at the J prioritize teaching children of all skill levels to become water-safe and confident swimmers for life. Your child will develop a strong foundation of skills and water safety awareness through our structured, yet fun swimming classes. We are excited to welcome campers, whether this is their first swimming experience or they're looking to advance their skills.

**On their first day of camp, campers will undergo an evaluation to determine the appropriate swim level, taking into account age and ability.**

- All camp swim classes maintain a 4:1 ratio of swimmers to instructors.
- Each swim lesson will last 30 minutes.
- Swim classes are conducted in the indoor pool, except for Kaleidoscope.
- The indoor pool is kept at a temperature of 86-88 degrees. The Merfish outdoor pool is kept at a temperature of 82-85 degrees.
- Swim progress reports will be emailed to parents on the following days: June 21, June 28, July 19, July 26, August 2 and August 9 (BAMI only).
- Instructional swim will take place during:
  - BAMI – camp weeks 2-4, and 6-10
  - Kinder – camp weeks 2-4 and 6-9
  - Kaleidoscope – camp weeks 2-4 and 6-9

### **Recreational Swim**

All other camps will have daily recreational swim in our recreational pools at the Main J.

### **The Swim Test**

For the safety of our swimmers, we test all campers under the age of 13 wanting to swim in water beyond 3.5 feet to assess swimming abilities before engaging in water activity at the pool.

**Our swim test consists of three parts:**

- 1. Jump into water at least 6 feet deep and submerge.**
- 2. Recover by treading or floating for 30 seconds** without touching the wall, grabbing the lane rope or going underwater.
- 3. Swim 25 yards of freestyle unassisted immediately after treading or floating.** Swimmers must exhibit breath control and swim with their face in the water except to take a breath. Swimmers must move forward horizontally through the water and swim a recognizable stroke.

Campers must pass all parts of the swim test to swim in the deeper areas of the pool.

Campers will receive a red wristband upon passing the swim test. This will indicate to our aquatics team and camp counselors that your camper passed the swim test, allowing them to swim anywhere in the pool. Campers who do not pass the swim test must stay in the shallow area of our pools. *We have a limited number of US Coast Guard approved lifejackets available for campers to wear.*

### **The Slide**

Campers must be at least 48 inches tall to use the slide in our recreational pool at the Main J.

### **Preparing for J Camps Swim**

Please prepare your camper with the following for swim days:

- **Swimsuit**
- **Towel**
- **Sunscreen** – This must be applied before the camp day begins. Kaleidoscope and specialty campers participating in recreational swim will be outdoors.
- **Flip flops/Crocs** – Shoes that are easily removeable and can get wet.

*\*We encourage children to be comfortable swimming without goggles until they are in our intermediate level or higher. You can bring goggles, as we do not have goggles to provide.*

### ***SAVE THE DATE!***

*Wednesday, June 5 | 6:00 PM*

*Camp BAMI and Kinder*

*Splash at the Pool and Meet our Swim Instructors Night!*

### **Who do I contact with questions?**

If you have any questions about our instructional swim program or the swim test, please contact [aquatics@erjcchouston.org](mailto:aquatics@erjcchouston.org).