

JL SORENSON RECREATION CENTER



SUPER SPORT

February 11, 2017

Program Information Sheet

Program start

Program runs Monday-Friday. For track specific dates please check our website and flyer rack.

Time

Program runs from 10:45am-2:30pm every program day.

Scheduled activities

A calendar for all activities is posted online for each track and is also available in our flyer rack on the registration form. *Activities are subject to change depending on program size. Participants may be split into groups based on ages when program meets maximum participant limit. If participants came together and do not want to be split up please talk to a leader at time of drop off.

Appropriate apparel

Children should wear clothes they can be active in. Shorts, T-shirt, gym shoes are recommended. No boots or marking soled shoes will be allowed in the gymnasium. We will swim every day. Children should bring a swimsuit and towel **in addition** to their regular clothes.

Lunch

We will break for lunch every day between 12:15 – 1:00 pm. **Children must bring their own lunch.** We have vending machines at the center with candy, chips, soft drinks, juice, and sport drinks, but no other concessions. Please do not pack anything that needs to be refrigerated or microwaved.

Signing In and Out Procedure

Children must be signed in by a parent or guardian each day at **10:45 am** in the Uintah Room. The front desk can direct you. Children should be signed out by a parent or guardian each day at **2:30 pm sharp** in the Uintah Room. Please be prompt.

Late pick – up

Parents who do not pick up their children by the 2:30 pm pick-up time will be charged a \$5 per 15 minutes late pick-up fee.



Inappropriate behavior

Children exhibiting inappropriate behavior during the program as deemed by program staff, will be given a verbal warning and staff may require participant to sit out of scheduled activities for 5 to 10 minutes, such as swimming, until they are ready to follow the rules. If the inappropriate behavior continues then a written warning will be issued to the parent. If the inappropriate behavior still continues the child may be removed from the program. Inappropriate behavior includes pushing, kicking, or fighting with other children or staff, vulgar language, name calling, not following staff instructions or direction, and any other behavior that is counterproductive to the program or other participant's ability to have a positive experience in the program.

PROGRAM INFORMATION SHEET

Swim Testing Procedures

Description

Super Sport has a variety of swimming rules and instructions that must be followed. However, all of our swimming policies are based on two rules:

1. Children 5 years old and younger will be required to wear a coast guard approved life jacket. They will also be required to swim with a program instructor. There are no exceptions to this policy.
2. Children 6 and older may swim without a life jacket, only if they pass a swim test. If the child fails the test, or if they are a boarder-line case, they must wear a life jacket in the pool.

Swim Testing requirement:

As mentioned above, we will be performing mandatory swim tests for all children 6-12 years old. Children in the age range must take the swim test in order to swim.

At the beginning of each new track, all children will be required to take a mandatory swim test. If a child comes for the first time later in the track, they too will be required to take the swim test. Once a child passes the swim test they will be issued a GREEN rubber wristband. They must wear this wristband to swim anywhere in the pool. They will be required to bring the wristband each time they come to Super Sport. If they lose the wristband they will have to take the swim test over again, no exceptions. If a child can swim, but not well enough for the deep end or the diving boards they will be issued an ORANGE wristband. This means they must stay in the leisure pool. All child 5 and those needing life jackets will be issued a YELLOW wristband.

To pass the swim test, the child will have to demonstrate the following skill:

- **Swim the length of the 4' portion of the leisure pool, down and back, unassisted and without stopping.**

The swim test is administered by program instructors, with one or two instructors IN THE POOL. This is to ensure safety during the test. Immediately send those needing life jackets to the instructors outside of the pool for life jacket fitting.

Remember these guidelines:

- Ages 5 and under: Must wear a lifejacket. Must swim within an instructor's reach at all times, no exception.
- Ages 6-12: May swim without a lifejacket and instructor, if they pass a swim test. If a child does not pass, they must wear a lifejacket and swim with an instructor.

SWIM TESTING PROCEDURES

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Swim Band Color Key

Green	They passed the Super Sport Swim Test and can swim without an instructor and they may use the deep end and diving boards.
Orange	They can swim in the leisure pool only. They may NOT use the deep end or diving boards.
Yellow	They must have a lifejacket on at all time and be with an instructor.