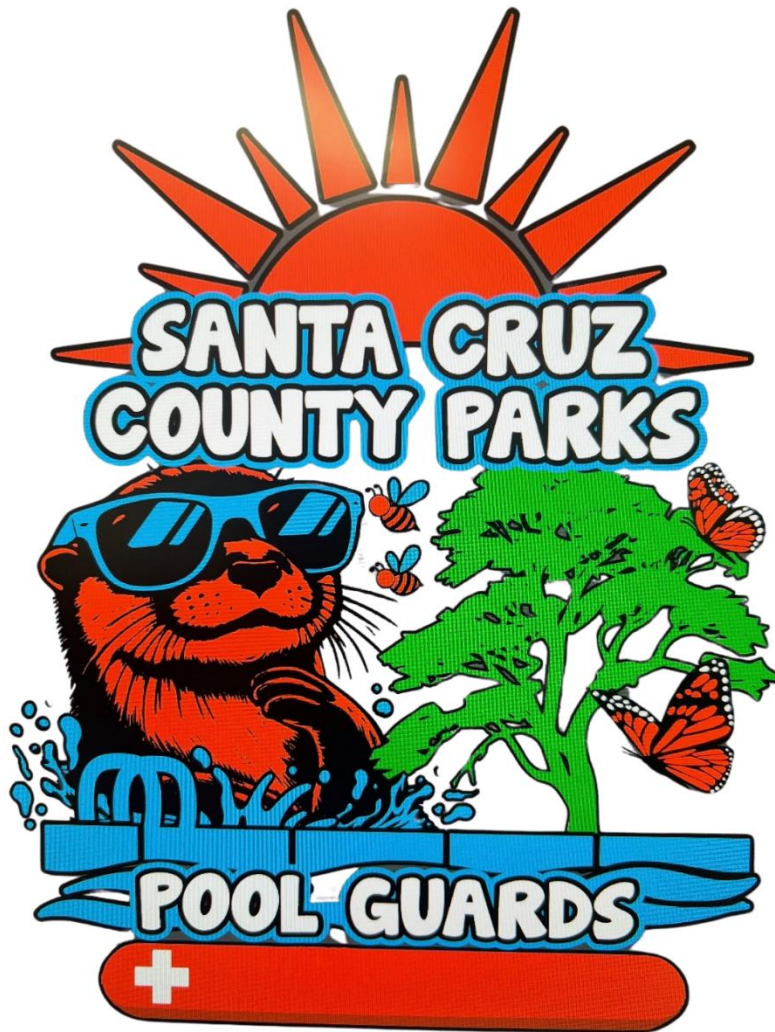




Simpkins Family Swim Center
979 17th Avenue, Santa Cruz, CA 95062
831.454.7953
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Little Guards

Program Overview and Parent Resource Guide



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Little Guards Overview

The Santa Cruz County Parks Little Guard program will provide your child with an understanding of the skills required to become aquatically proficient by emphasizing fun and physical fitness through a variety of activities for children ages 5 & 6. All the sessions will consist of conditioning activities on land, swimming lessons and activities either in the Warm Water Pool or Splash Down pool (both heated to 88 degrees), lifeguard demonstrations and special activity days.

Registration

Registration is available online at scparks.com or by phone. Please note that in-person registration is not available. Due to limited office staffing, phone availability may be limited, so online registration is strongly recommended.

For the exact registration date, please refer to the Little Guards Fees document.

Waitlist

If the activity is currently full, we encourage you to join the waitlist (free of charge). If a spot becomes available, you will receive an email invitation to enroll. Please note that the invitation will expire after 24 hours.

To avoid missing the email, please check your promotions and spam folders and mark Santa Cruz County Parks emails as "Not Spam" if they appear there.

Prerequisites

Children ages 5 to 6 may participate in the Little Guards Program.

To ensure participants have the endurance and skills to safely partake in the program, all participants must be at the Guppy Level. These skills include capability of fully submerging face, blowing bubbles for five to ten seconds two times in a row, and floating and kicking on front and back in shallow water with support.

Sessions

A total of 6 sessions are offered. Each session is 3 weeks and is held in the morning or the afternoon on weekdays (Monday through Friday). *Please note that the program will not be held on July 4th in observance of Independence Day. If the holiday falls on a weekend, there will be no program in lieu of the holiday.*

Morning Session:

- Time: 8:30am-1pm
- Check-In: Participants may not arrive earlier than 8:30am.

Afternoon Session:

- Time: 2pm-5pm



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- Check In: Participants may not arrive earlier than 1:45pm.

To create the best and safest experience for all our campers, each session will have a maximum of 32 participants.

Fees

You are a nonresident if you live outside of Santa Cruz County; in one of the 4 cities in the County (Santa Cruz, Capitola, Watsonville, Scotts Valley); or in one of the Special Recreation Districts (Alba and La Selva Beach).

A 15% sibling discount is available for any siblings registered in any combination of session(s). Discount applies additional registration(s) of a lower amount.

Cancellation Policy Fees:

- Refunds are not available when your child does not complete prerequisites.
- When requesting to withdraw, the following options are available: More than 3 weeks prior to the start of the program:
 - Withdraw and receive a refund minus a \$50 cancellation fee.
- Less than 3 weeks prior to the start of the program:
 - Withdraw and receive a refund minus 50% cancellation fee.
- If the camp has already started:
 - Credits and Refunds are not available once a camp has started; or if a participant fails to attend a program

Uniform Requirements

The participant uniform consists of:

- Little Guard T-Shirt
- Red Athletic Swimsuit
- Closed Toed Athletic Shoes
- Easy slip-on shoes to wear to the pool and in the locker rooms (flip flops, sandals)

A Little Guard T-Shirt will be provided on the first day of program. Program hoodies, sweatpants, and additional t-shirts will be available for purchase at the Simpkins Family Swim Center front desk.



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Daily Necessities

The participant should bring the following each day:

- Uniform (including shirt, swimsuit, and close-toed shoes/Slip-on shoes)
- Lunch and snack
- Goggles and cap (if needed)
- Water bottle
- Sunscreen and sun protection (rash guard, hat, sunglasses, etc.)
- A bag (backpack, tote, etc.)
- Towel

Our priority each day is maintaining safety, while having fun. Bringing goggles, sun protection, and appropriate attire for running and playing allows us to keep your little ones safe and for them to have as much fun as possible. Food must be brought each day. If your Little Guard tends to get hungry, make sure to pack extra snacks for them! Please bring a water bottle! We have a water fountain on sight for your Little Guard to refill their water.

Mental Preparedness

Little Guards is a fun and active program that requires listening, participation, and a positive attitude. Participants should come ready to follow directions, try new skills, and work respectfully with others. Staying calm and focused helps build confidence and water safety skills.

Our staff create a welcoming and supportive environment through group games, partner activities, and team-building to help your child feel comfortable, adjust to the program, and make new friends.

Before the program begins, we encourage parents to talk with their child about:

- listening to instructors
- trying their best even when something feels challenging
- being kind to others
- and being open to meeting new friends.

Remind your child that it's okay to feel nervous and that asking for help is always encouraged.

Lost and Found

Lost and found items will be held in a bin in the Little Guard courtyard until the last day of the session. Please make sure you check the bin every day. We recommend clearly labeling all participants' belongings, as we are not responsible for lost or unattended items.



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Drop Off and Pick Up Procedure

Parents, guardians, or another designated adult must present a valid photo ID at check-out.

Drop off and pick up at the Little Guard Courtyard. If you have children participating in both the Junior Guard and Little Guard programs, please enter through the green gate and check in your Junior Guard at the sign-in table, then check in your Little Guard at the Little Guard Courtyard.

When you arrive, you will sign in your little guard and please remember to check them out before leaving.

Program Structure

Staff will distribute a weekly calendar each Monday of the session via email. A limited number of printouts will be available at drop-off & pick up. The calendar will provide information on that week's special activities and/or field trips, including important information parents need to be aware of. Program highlights include daily water exercise, kayaking, paddleboard use, and a beach day field trip. An example weekly calendar can be found below:



Little Guards



Week #:	Dates	Supervisor:	Name		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
First Day	Sidewalk Chalk	Nature Walk	Fire Station	Toys, Toys, and More Toys	
					

Daily Schedule

Each day your Little Guard will experience a variety of different activities. As mentioned above we have specialty days such as kayaking, paddleboard, nature walk, fire station day, and beach day. Aside from these fun activities we ensure that your child receives a swimming lesson every day. Each day your Little Guard will get a 30-minute swimming lesson but schedules are subject to change. An example daily schedule can be found below:



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AM Schedule	PM Schedule
8:30am-9:00am Check in/Question of the Day	1:45pm-2pm Check in/Question of the Day
9:00am-10:00am Field/Stretches/Group Game	2pm-3pm Field/Stretches/Group Game
10:00am-10:20am Snack	3:15pm-3:30pm Snack
10:20am-12pm Half LG lesson/ Half Game	3:30pm-4:30pm Half LG lesson/ Half Game
12pm-12:30pm Lunch	4:30pm-5:00pm Free Swim
12:30pm-1:00pm Free Swim	

Questions?

If you have any questions before your session starts, please email swimcenter@scparks.com or call us: 831-454-7953.

If you have any questions or concerns during your enrolled session, please talk to your program supervisor at the beginning or end of the day.