



Simpkins Family Swim Center
979 17th Avenue, Santa Cruz, CA 95062
831.454.7960
swimcenter@scparks.com
scparks.com

Junior Guard Clinic Program Overview and Parent Resource Guide

A. PROGRAM OVERVIEW

- i. The Santa Cruz County Parks Junior Guard Clinic will provide your child with the understanding of the skills required to pass the Summer Junior Guard Swim Test. Under the supervision of our experienced instructors, your child will practice and work on their comfortability in the water. All sessions will consist of conditioning, stroke development instruction, treading, and general aquatic proficiency. The strokes being worked on are front crawl (freestyle) and breaststroke.

B. PREREQUISITES

- i. **Age:** Children ages 6 ½ to 13 may participate in the Junior Guard Clinic Program.

C. SESSIONS

- i. If offered, a minimum of 1 session will be scheduled. The number of sessions to be designated are based off current staff availability. The program will meet every Sunday for 3 weeks within the designated session. Any days that are located on a holiday or equivalent situation, will be rescheduled to ensure that the course meets a total of 3 times.
 - i. **Time:** 10AM – 11AM || 11AM – 12PM || 12PM – 1PM
 - ii. **Arrival:** Please arrive 10 minutes prior to the start of the first class to ensure that the instructors have adequate time to give you the basic understanding of the course, expectations, and answer any questions that you may have. Please be ready to swim.
- ii. **Camp Size:** To create the best and safest experience for all our Junior Guard Clinic Participants, each session will have a maximum of 20 participants.

D. REGISTRATION

- i. Registration is available online at scparks.com or by phone beginning in at different times varying depending on the season that they are being promoted. In-person registration is not available at this time. Please see the Junior Guard Clinic Fees document for the exact date of registration.

E. FEES

- i. **Residency:** You are a nonresident if you live outside 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).
- ii. **Cancellations Fee:** All cancellations must be made in writing by emailing the swim center.
 - i. A \$15 cancellation fee will be applied for each withdrawal request.
 - ii. No refunds or credit will be given for absences. No refunds or credits will be given for cancellations after the second day of the program. No refunds or credits will be given for participants suspended or removed from the program for disciplinary reasons.
 - iii. In the event that your child is ill or your schedule changes, pro-rated credit or refund for a session is available up until the 2nd date that a class meets.



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- iv. Account Credits are valid for one year from date issued.
- v. Credit Card Refunds are subject to a \$10 processing fee.

F. BEHAVIORAL GUIDELINES

- i. The Santa Cruz County Parks Junior Guard Clinic provides children (ages 6 ½ - 13) an opportunity to learn and be engaged in all aspects of water safety around the Simpkins Family Swim Center Facility. To allow for the full engagement of its participants, the Junior Guard Clinic program has behavioral guidelines set out for participant safety.
 - i. We ask that participants show respect to the Clinic Supervisor, instructors, volunteers, and fellow participants.
 - ii. We ask that participants follow the instructions and participate in all Junior Guard Clinic activities to the best of their ability.
 - iii. Junior Guard Clinic Participants must follow all rules of the pool deck.
 - iv. No Tolerance for Bullying Policy: We do not tolerate any bullying. Bullying will result in the Second Warning on the Disciplinary Action Plan and, depending on severity, the Third Step.
- ii. **Disciplinary Actions:** The following actions will be taken if there is a breach in this agreement:
 - i. First Warning: The Junior Guard Clinic Participant will receive a verbal warning from the program supervisor explaining the issue and noting the discontinuance of the behavior.
 - ii. Second Warning: The participant's parent/guardian will be contacted by the Junior Guard Clinic Supervisor.
 - iii. Third Warning: The Junior Guard Clinic Participant will be withdrawn from the program without refund.

G. PHYSICAL HEALTH AND ABILITY

- i. Successful course completion requires physical activity. Sessions will include some strenuous exercise. If a medical condition or disability exists that might prevent participation in the activities, or there are questions about fully participating in the Junior Guard Clinic program, please contact us to discuss it before the program begins.
- ii. Swimming sessions occur daily between 45 –55 minutes of swim workouts and swim coaching. Participants will be split into swim groups based on their age and swimming ability. Please ensure that your child has goggles, an athletic swimsuit and maximum swim protection (i.e. rash guard and waterproof sunscreen) for these long swim sessions.

H. ATTENDANCE

- i. Regular attendance is encouraged.
- ii. Please inform us as soon as possible and provide advance notice whenever possible if your child will arrive late or will be absent for the day.

I. UNIFORM

- i. The participant uniform consists of:
 - i. Athletic Swim Trunks/Shorts/Swimsuit
- ii. Other equipment that may be needed:



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- i. Googles
- ii. Towel

J. PARTICIPATION

- i. All participants are expected to be able to participate in all activities, unless they have notes from their parents saying otherwise. Participants should arrive on time, in uniform, and prepared for swimming activities.
- ii. Please remember to bring the following items every day:
 - Uniform (see above).
 - Swimsuit
 - Towel
 - Warm clothing (for after the programming)
 - Lots of water
 - Sunscreen
 - Goggles
 - Optional items:
 - Rash guards
 - Wetsuit tops

K. CALENDAR AND PROGRAMMING

- i. Each week, staff will have a designated skill to focus on for each of the participants. On the first day of the program, the Junior Guard Clinic Supervisor will distribute a calendar that lists the topics to be covered over the course of the 3 meetings. Possible topics include:
 - i. Shooting
 - ii. Treading water
 - iii. Distance Swimming
 - iv. Endurance Swimming
 - v. And more depending on participant evaluation/experience

L. DROP OFF AND PICK UP PROCEDURE

- i. We greatly appreciate your support in helping our staff team implement an efficient check-in and check-out system! Our goal is to limit outside adult to youth interaction beyond the site staff and participating children.
- ii. **Location:** Participants will meet on the bleachers located near the last 3 lanes of the Lap pool. Parents are not required to stay for the entirety of the lesson. If parents are not present 15 minutes after the end of the class, they will be brought to the front reception desk of the facility. If no one is present 2 hours after the child is brought to the front, the Santa Cruz County Sheriff will be called.

M. FREE RECREATION SWIM

- i. **Fees:** Currently enrolled participants do not need to pay any fees to swim during day off Recreation/Open Swim Hours. All others, including parents, guests, and Junior Guard Clinic alumni, must pay the entrance fee to attend Recreation Swim with the participant.



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- ii. **Swim Responsibly:** After the program ends, Instructors are not responsible for the supervision of children. Lifeguards provide general pool supervision during recreation swim and are not available for one-on-one supervision.

N. LOST AND FOUND

- i. Santa Cruz County Parks is not responsible for items left, lost, or stolen. Overnight storage is not permitted.
- ii. The Lost and Found Bin is located on the pool deck near the lifeguard tubes. Any clothing, shoes, lunch bags, or other miscellaneous personal belongings that are left on the pool deck may be placed in the lost and found bin at the end of the day by one of the camp instructors.
- iii. All items left in the Lost and Found Bin are donated at the end of each session.

O. CONTACT INFORMATION

- i. Please contact us if you have any questions about the program or this document.
- ii. **Email:** swimcenter@scparks.com
- iii. **Phone:** 831-454-7960