



SWIM

HOLMES RUN
POOL

CHECKSWIM
SCHEDULE

KINDERGARTEN-
8TH GRADE

• **WHAT SHOULD MY CAMPER BRING TO THE POOL?**

- Backpack with:
 - Bathing suit (should be put on before arrival at camp)
 - An easy to take off swimsuit coverup
 - Well-fitting goggles
 - Towel

• **DOES MY CAMPER NEED FLOATIES?**

- We do not permit floaties during lessons.
 - For swim skill lessons, your campers do not need floaties, it is actually better for them to learn how to swim on their own without the help of any type of floatation equipment.
- For free swim 3rd and 4th graders, campers may use small personal floaties.
- Inflatables larger than 18" (personal vest size) are not permitted.

• **INSTRUCTIONAL SWIM (K-2ND GRADE ONLY). WHAT CAN I EXPECT MY CAMPERS TO LEARN OVER THESE NEXT FEW WEEKS?**

- Each grade will cover different levels of swim techniques taught by our swim instructors. We will add new material as the weeks go on and progress your campers swimming ability.

• **WHAT IF MY CAMPER CAN'T SWIM VERY WELL? WILL THEY BE SAFE? WILL THERE BE LIFEGUARDS?**

- Yes, your campers will be safe. Camp Rodef Shalom counselors will be with your campers at all times. There will be Lifeguards in the stands and multiple swim instructors and swimming counselors on deck and in the water that are lifeguard/CPR certified.
- One Camp Rodef Shalom counselor from each group will be out of the pool at all times to hang with campers not swimming and take campers to the bathroom

• **FREE SWIM (3RD THROUGH 8TH GRADE ONLY). HOW WILL MY CAMPER BE ASSESSED AND/OR PERMITTED TO SWIM IN THE DEEP END OF THE POOL?**

- All swimmers will need to pass a simple swim test – swim across the pool unassisted, in order to use the deep end of the pool or diving boards. Campers who do pass the swim test will be required to wear a wrist band so that lifeguards can monitor safe use of the pool.

