

## Important Information for the VIMAS Swimming Program

- This program takes place on Brewers Bay beach, on Saturdays in 2 sessions; Session 1 from 9:00 AM to 10:30 AM and Session 2 from 10:30 AM to 12:00 PM.
- American Red Cross Water Safety certified instructors are present during the program as well as American Red Cross certified Lifeguards.
- This program features three courses which include *Beginner*, *Intermediate*, and *Advanced* and are tailored specifically to student skill sets. **You can only register a child for one course during a session.**
- Students registered for the Beginner course will learn the fundamentals of swimming such as kicking and floating. Students registered in the Intermediate course will learn the fundamentals of snorkeling to include proper use of a mask, snorkel, and fins. Students registered in the Advanced course will enhance their snorkeling and free diving skills and if qualified, can undergo scuba training.
- Students registered for the *Intermediate* and *Advanced* courses will be required to complete a *Swimming Assessment* to obtain clearance from the swimming instructor to continue with the course. This assessment will be administered on the student's first day of attendance.
- Each course has different maximum occupancy: Beginner - 30, Intermediate - 20, and Advanced - 10.
- Courses will operate for 6-weeks (6 Saturdays). We highly encourage participants to attend each session as they are all equally important and cover information that builds on previous lessons.