



Simpkins Family Swim Center  
979 17<sup>th</sup> Avenue, Santa Cruz, CA 95062  
831.454.7953  
swimcenter@scparks.com  
scparks.com

## Spring Water Warriors

### Program Overview and Parent Resource Guide

#### A. PROGRAM OVERVIEW

- I. The Santa Cruz County Parks Spring Water Warriors program will provide your child with an understanding of the skills required to become aquatically proficient, emphasizing fun and physical fitness through a variety of activities. Under the supervision of our qualified and experienced instructors, your child will practice the skills relevant to being a safe swimmer. All the sessions will consist of games, lifeguard swimming lesson instruction and special activities.

#### B. PREREQUISITES

- i. **Age:** Children aged 5 to 10 may participate in the Spring Water Warriors Camp. Children will be split into 2 groups. Little Warriors are 5–7-year-olds and Junior Warriors are 8–10-year-olds.
- ii. **Swim Ability:** To ensure participants have the endurance and skills to safely partake in the program, all participants must be at the Guppy Level of our Swim Lessons. These skills include the 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.

#### C. SESSIONS

- i. A total of 1 session will be offered.
  - i. To see day themes, please see "**Weekly Calendar and Programming**" section. A limited number of print out versions will be available at drop off & pick up.
- ii. **Session One**
  - i. **Dates:** April 6<sup>th</sup> – April 10<sup>th</sup>
  - ii. **Time:** 8:30am – 2pm
  - iii. **Early Check In:** Participants may not arrive earlier than 8:25am.

**Camp Size:** To create the best and safest experience for all our campers, each session will have a maximum of 30 participants. 15 Little Warriors and 15 Junior Warriors

#### D. REGISTRATION

- i. Registration is not available at this time, but it will be posted online and be available to view at [scparks.com](http://scparks.com) starting February 2<sup>nd</sup> at 9am. Online registration will open on February 9<sup>th</sup> at 9am.

#### 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.
  - i. More than 3 weeks prior to start of the program a \$50 cancellation fee. Less than 3 weeks prior to start of program 50% cancellation fee.
  - ii. Make-up classes, credits or refunds are not available if a participant is absent.



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- iii. Account Credits or refund when withdrawing from a session are not available once a session has started.
- iv. Account credits are valid for one year.

#### **F. BEHAVIORAL GUIDELINES**

- i. The Santa Cruz County Parks Spring Water Warriors Program provides children (ages 5-6) 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 Spring Water Warriors program has behavioral guidelines set out for participant safety.
  - i. We ask that participants show respect to the Spring Water Warriors Supervisor, instructors, volunteers, and fellow participants.
  - ii. We ask that participants follow the instructions and participate in Spring Water Warriors activities to the best of their ability.
  - iii. Participants must keep their electronic devices in their bags during the program to not distract the other participants.
  - iv. Warriors must follow all rules of the pool deck.
  - v. No Tolerance for Bullying Policy: We do not tolerate any bullying.

#### **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 Spring Water Warriors, please contact us to discuss it before the program begins.
- ii. Swimming sessions occur daily between 45 – 60 minutes of swim lessons and swim coaching. Participants may be split into two swim groups for their lessons. Each group will have a ratio of approximately one instructor per every four participants. 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, will be picked up early, or will be absent for the day.

#### **I. UNIFORM**

- i. The participant uniform consists of:
  - i. Warm Clothing and Rain Gear are recommended each day
  - ii. Athletic Style Swim-Suit
  - iii. Closed Toed Athletic Shoes

#### **J. PARTICIPATION**

- i. All participants are expected to be able to participate in all activities, unless they have notes from



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their parents saying otherwise. Participants should arrive on time, and prepared for both dryland and swimming activities.

ii. Please remember to bring the following items every day:

- Uniform (warm clothing, athletic swim suit , and closed toed athletic shoes).
- Swimsuit
- Towel
- Warm clothing
- Lunch, snacks, and lots of water
- Sunscreen
- Goggles
- Optional items:
  - Rash guards
  - Wetsuit tops
  - A hat

## K. WEEKLY CALENDAR AND PROGRAMMING

- i. Staff will distribute a weekly calendar on the first day of the session. The calendar will provide information on that week's special activities and important upcoming information parents need to be aware of. Program highlights include daily water workouts, swim lessons, field games, and a special activity each day!!
- ii. Session 1:
  - i. April 6<sup>th</sup> – First Day Welcome
  - ii. April 7<sup>th</sup> – Nature/Rain Walk
  - iii. April 8<sup>th</sup> – Field/Spring Relay
  - iv. April 9<sup>th</sup> – JG Lifeguard Training Day
  - v. April 10<sup>th</sup> – Toys, Toys, and More Toys

## 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:** Drop off and pick up inside the facility in our community rooms. Please enter through the front main door of the Swimcenter and check in your Warrior.
- iii. **Check Out:** Parents, guardians, or another designated adult must present a valid photo ID at check-out.

## M. 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 inside the community rooms. Any clothing, shoes, lunch bags, or other miscellaneous personal belongings that are left on the pool deck may be placed in the lost



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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.

#### **N. CONTACT INFORMATION**

- i. Please contact us if you have any questions about the program or this document.
- ii. **Email:** [swimcenter@scparks.com](mailto:swimcenter@scparks.com)
- iii. **Phone:** 831-454-7953