

# Welcome to Swim Kidz!



## Basic Info:

- The back gate will be open at 4:15 pm
- Stretches start at 4:30 pm
- Swimmers will be in the water at 4:40 pm
- Practice ends at 5:30pm
- The back gate will be closed at 5:45 pm

## FAQ's

Q: Will my child stay in the lane they start in?

A: As soon as your child is comfortable with their new skills and ready for the challenge of the next lane they will be moved up.

Q: This is a non-competitive swim team, why are there mini-meets and does my child have to participate?

A: While this is a non-competitive team, we hold three mini-meets per season to give our swimmers a taste of competition should they ever want to swim competitively. The meets are no stress and a fun way to see how much stronger and faster they have gotten throughout the season! There is no requirement to swim in the meets, just a fun opportunity to come cheer on your favorite swimmer!

Q: What if my child can't make all three practices each week?

A: We understand that with extra-curricular activities and busy schedules that most swimmers cannot make all three practices. We offer practices three times a week so that you can choose whatever days suit your schedule best! Whether that is one, two or *three* days a week! Attendance is not mandatory.

Q: What equipment does my child need for *Swim Kidz*?

A: A **swimsuit and goggles are required** for the program. Other equipment suggestions would be a swim cap and personal fins. We have a supply of additional equipment that the team may use. (*see equipment bag for additional information*) Towels are also available at our facility.

## General Policies:

- Members, please escort your child into the locker room to change or shower. **Children will not be allowed in the locker room without direct supervision.**
- The Family Changing room, located off the Therapy Pool deck, is available for non-members to assist their children in changing or to the restroom.
- Parents are more than welcome to sit in our conference room or on the pool deck during practice. Feel free to walk the back park during practice. No dogs allowed in the park.



# Activities



## Why we play Water Polo

We believe in encouraging **sports & play** through our program. Some of the strengths that water polo helps our swimmers build:

- Stamina
- Eye-hand coordination
- Reflexes & awareness
- Anticipation & mental preparation
- Teamwork & communication skills

Swimmers will learn the basic rules and game strategies for water polo twice in our swim season.



## Mini-Meets

While we are a non-competitive swim team we understand the benefit of **seeing** personal accomplishment and meeting goals!

Throughout the season, we plan on having two or three mini-meets where swimmers compete against their own time and goals! Coaches will help swimmers in their lanes set appropriate goals and train for them throughout the season.

The emphasis will not be on competition, but more of an opportunity to reward our swimmers for their hard work in practices. It also gives the parents a chance to be involved as timers and other roles in a swim meet. We want to stress how low-key and **fun** these meets will be! For those that are preparing for summer swim leagues, it will be a perfect opportunity to work on those areas that need improvement.

**Join our facebook group to up-dates, photos and more!**  
**“LandryChildrensAquatics”**

**...And always feel free to chat with your coaches!**

*Annalisa McKinney, Aquatic Program Supervisor*

**214.820.8922**

[Annalisa.mccormick@baylorhealth.edu](mailto:Annalisa.mccormick@baylorhealth.edu)

**[www.landryfitness.com](http://www.landryfitness.com)**