



Simpkins Family Swim Center  
979 17<sup>th</sup> Avenue, Santa Cruz, CA 95062  
831.454.7960  
swimcenter@scparcs.com  
scparcs.com

## Little Guards

### Program Overview and Parent Resource Guide

#### A. PROGRAM OVERVIEW

- i. The Santa Cruz County Parks Little Guard program will provide your child with an understanding of the skills required to become aquatically proficient by emphasizing fun and physical fitness through a variety of activities but specifically aimed at children ages 5 & 6. All the sessions will consist of conditioning activities on land, swimming lessons and activities either in the Warm Water Pool or Splash Down pool (both heated to 88 degrees), lifeguard demonstrations and special activity days.

#### B. PREREQUISITES

- i. **Age:** Children ages 5 to 6 may participate in the Junior Guards Program.
- 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 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 6 sessions are offered. Each session is held in the mornings or the afternoons on weekdays throughout 3 weeks.
  - i. Please note, the program will not be held on July 4<sup>th</sup> in observance of Independence Day.
- ii. **Morning Session**
  - i. **Time:** 9am – 1pm
  - ii. **Early Check In:** Participants may not arrive earlier than 8:45am.
- iii. **Afternoon Session**
  - i. **Time:** 2pm – 5pm
  - ii. **Early Check In:** Participants may check in at 1:45pm, but no earlier.
- iv. **Camp Size:** To create the best and safest experience for all our campers, each session will have a maximum of 25 participants.

#### D. REGISTRATION

- i. Registration is available online at scparcs.com or by phone beginning in April. In-person registration is not available at this time. Please see the Little Guards Fees document for the exact date.
- ii. Registration is limited to one session per individual.

#### 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. **Sibling Discount:** 15% sibling discount is available for any siblings registered in any combination of session(s). Discount applies additional registration(s) of a lower amount.



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- iii. **Cancellations Fee:** All cancellations must be made in writing.
  - i. \$50 cancellation fee if cancelled more than 3 weeks prior to start of the program
  - ii. 50% of all fees paid if cancelled less than 3 weeks prior to start of program.
  - iii. 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.
  - iv. Participants that do not pass the swim test will be given a full refund.

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

- i. The Santa Cruz County Parks Little Guard 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 Little Guard program has behavioral guidelines set out for participant safety.
  - i. We ask that participants show respect to the Little Guards Supervisor, instructors, volunteers, and fellow participants.
  - ii. We ask that participants follow the instructions and participate in Little Guard 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. Junior Guards 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 Little Guards program, 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 will 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. Little Guard T-Shirt
  - ii. Red swim trunks or shorts



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- iii. Closed Toed Athletic Shoes
- ii. A Little Guard T-Shirt will be provided to you on the first day of the program.
- iii. Program hoodies, sweatpants, and additional t-shirts will be available for purchase at the Simpkins Family Swim Center

#### **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 both dryland and swimming activities.
- ii. Please remember to bring the following items every day:
  - Uniform (Little Guard t-shirt, red swim trunks or shorts, and closed toed athletic shoes).
  - Swimsuit
  - Towel
  - Warm clothing
  - Lunch, snacks, and lots of water
  - Sunscreen
  - Goggles
  - A hat
  - Optional items:
    - Rash guards
    - Wetsuit tops

#### **K. WEEKLY CALENDAR AND PROGRAMMING**

- i. Staff will distribute a weekly calendar each Monday of the session. The calendar will provide information on that week's special activities and/or field trips and important upcoming information parents need to be aware of. Program highlights include daily water play and swim lessons, kayak and paddleboard use, and a beach day field trip.

#### **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. Parents, guardians, or another designated adult must present a valid photo ID at check-out.
- iii. **Location:** Drop off and pick up at the Little Guard Courtyard. If you have children participating in both the Junior Guard and Little Guard programs, please enter through the orange gate and check in your Junior Guard at the kiosk first, then check in your Little Guard at the Little Guard Courtyard.

#### **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 at the camp courtyard against the green fence. Any clothing, shoes, lunch bags, or other miscellaneous personal belongings that are left on the pool deck may be



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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.

#### **N. 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