

SwimFast Main Line

@Villanova's Dixon Center Pool—formerly Cabrini

Director: Coach Cindy Ikeler

(for quickest response: Email: swimfastlessons@gmail.com or cindyswimfast@gmail.com)

Coach Ikeler has been running the Cabrini SwimFast location for over 10 years, amassing over 1,300 registrations per 12-week season. She will continue the combination of the unique and time-proven SwimFast approach and her industrious nature which has made SwimFast the largest and most successful seasonal learn-to-swim program on the Main Line.

ABOUT the PROGRAM

The SwimFast technique was developed by Jamie Rudisill, retired Head Coach and Aquatics Director at West Chester University. It is the result of over 50 years in the business, and is a unique approach to getting over 95% of 2-5 year-old beginners to surface and swim, unaided, across the pool in just two weeks, then building on those skills to seamlessly incorporate freestyle and rhythmic breathing as the skill levels and ages increase. Instructors will lovingly and aggressively work to build confidence by helping the non-swimmer confront fear head-on. One major goal is for the nonswimmer to eventually be comfortable around and then to enjoy the water. But safety and self-rescue is the first priority. We will maintain an ideal 5/1 teaching ratio, and classes will run 45 minutes at a minimum. No floatation devices will be used. See Skill Levels for placement of 6 year-olds and older.

PARENTAL OBSERVATION OF LESSONS

We will be offering access before each two-week session to the registrant families to fixed camera pool observation. Except for the last two days of the session (more on this in your video orientation session prior start of lessons), **only registered kids will be allowed in the pool area itself**. Parents will be sent clear instructions on how this will work, so PLEASE make sure **your email addresses** are accurate as you enter them during the registration process. Keeping parents out of sight of their youngsters actually spiked success rates, and worked better than expected while allowing guardians the flexibility of observing classes anywhere on their electronic devices. It is expected that at least one parent or guardian will be present relatively near-by, usually in or around the parking lot or area outside the pool.

Two Week Sessions | Monday - Friday | 45 MINUTES

(Cost: \$405 per child, per two weeks)

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Session 1: June 15-26	start times: 4:15, 5:15, 6:15, 7:15
Session 2: June 29-July 10	start times: 4:15, 5:15, 6:15, 7:15
Session 3: July 13-24	start times: 4:15, 5:15, 6:15
Session 4: July 27-Aug 7	start times: 4:15, 5:15, 6:15

Pre-requisite:

All registrants must be 30 months old and potty trained for four months by the first lesson. 2's and 3's will wear **two pairs** of water diapers; 4&5-year-olds will wear 1 pair.

SKILL LEVELS

1) BEGINNER: This level is for **5-year-olds down to 30-month-olds ONLY**, who cannot at this point get themselves, unaided by adult or flotation device, across the pool (approx. 40 feet). If your child is 6 or older, do not sign up for this level. What we do with the younger beginner swimmers is not as effective on older beginners. A 6 or older beginner is a **NOVICE** in this program. The goal in the Beginner level is to get your child to jump in, surface on the back, swim across the pool, and grab the opposite wall--all without being touched by the teacher. Most beginners will achieve these skills in one, two-week session. Pre-requisite: All beginners must be 2 1/2 years old by the first day of lessons and potty trained.

2) Novice—This is for children who are **6 and older, but are absolute beginners**. By starting a little later than is ideal, there will be more resistance and fear at this level than in any other group. The going can be slow here (but will be slower every year, moving forward, that they are able to rationalize their fear), so hang in there; they need to be safe, too, and the going doesn't get easier, but harder, the older they get.

3) 5 and under Advanced Beginner—These are kids who are graduates of our Beginner program, and **can swim 40 feet successfully on their backs, but who have not yet developed a freestyle arm stroke**. These children will have their back swimming skills reinforced--this is their safety position--while gradually learning to roll over onto their front and take freestyle arm strokes. This way a natural rolling motion, rather than the head out style encouraged by dog paddle and flotation devices, will be used for them to breathe. And they'll always have their back swimming skills for self- rescue.

4) High End Advanced Beginner--Kids of **any age who can demonstrate some semblance of the arm-over-arm freestyle motion, but who do not yet incorporate breathing to the side** without having to stop their arm stroke to get a breath. Breathing straight up out of the water, causing the legs to drop and the swimmer to work harder to move forward, is a result of early use of flotation devices and dog paddle, and needs to be "unlearned" at this point. Rhythmic breathing to the side must be learned and mastered at this level.

****NOTICE:** ALL **2-5 YEAR OLDS MUST WEAR WATER PANTS** (actually 2 pair for the 2's and 3's). This is regardless of skill level and it is a safeguard against waterborne illness. 5-and-unders who come to lessons without the above will be returned to their parents (this situation is NOT eligible for refund other than the conditions stated above in the partial refund policy). This is also in the Waiver Information you sign off on before registration is complete.

Suggestions: Splashers and Little Swimmers are fine as are most products that are designed for water and create a good, tight fit around waist and thighs:

Please, please, please don't assume that your "potty trained" 4 or 5-year-old is exempt—**no one is exempt**. We're in the business of keeping your youngsters safe—both in the water and from the water.

I don't need absorbency, just **containment, but they can't be porous**, so we can clean up in the bathroom, not the pool. We just can't do the job if we keep having to clear the pool for clean up.

Suggestions in communicating with your youngster:

- Don't call them diapers! They're swim lesson water pants that are required at this pool only.
- This is what you wear at lessons—nowhere else.
- Babies wear diapers; these are swim pants.

Additionally: The second time a clean-up needs to be done outside the pool, and the first time a clean-up needs to be done inside the pool in relation to solid waste is criteria for immediate dismissal from the program without refund. And this would apply to the remainder of the season. If a dismissal is necessary and the child is signed up for an additional two-week session, that future session would be refunded in full.

The pre-requisite for this program, as parents sign off on with the waiver information, is 30 months old and potty trained.

Refund Policy and Change of Sessions (also in waiver information)

Once registration has been logged, there is a non-refundable registration fee of \$155. If a child is withdrawn from lessons at any time and for any reason, including illness or injury, from the initial registration until the end of the assigned class session on the first Wednesday, \$250 will be refunded. By the end of that first Wednesday's class, Cindy Ikeler (cindyswimfast@gmail.com) will need an e-mail from the parent or guardian. Absent that e-mail, the books close on that session at the end of the first Wednesday's class. After that point there will be no partial refunds of any kind. Please note: injury or illness after that first Wednesday cut-off will NOT yield a refund, and we don't do make-ups. These are very small classes, offered at the specific times you register for. We'll be here throughout; you just need to make as many of the ten lessons as possible. All classes will be full—there's NO WAY to do make-ups. This policy is firm. Please don't ask for refunds past the deadline above, and if you miss a class, please don't ask for make-ups.

If you want to **CHANGE** your session and/or time **before it begins**, to another, open class, there is no charge. But **there is a deadline**. E-mail the program director, Coach Ikeler, cindyswimfast@gmail.com, and give your child's name, session and skill level, and that that you wish to change to, and she will e-mail you back once the change has been made. **This must be done before noon on the Wednesday preceding the start of the session** you originally registered for. We do not offer make-up lessons or partial credits for missed lessons, unless for some reason we need to cancel lessons ourselves. In this instance a canceled lesson will be given at the same time but on the first Saturday following cancellation (if a small amount of "lost" time cannot be made up by lengthening remaining classes until you're whole).

SWIMFAST 2026 WAIVER INFORMATION

By completing the on-line registration process parents will have signed off on the following: During the lesson, from designated drop off (usually outside the pool lobby) to post class pick up, at least one parent or guardian will be present in the parking lot with view of the pool on phones, when by following instructions sent out to registrants' emails before each two-week session. A link, enabled for the two-week session, will be shared via e-mail. This is a courtesy, not a contracted requirement, if not operational. But the camera system has worked great since we incorporated them—you see your kids; they aren't distracted by seeing you.

Parents/Guardians of Swim Lesson Participants

Self-Disclosure of Health Status

I will disclose to the SwimFast Swim Lessons Director (or his/her appointed supervisor) if my child is ill with a public health illness such as gastrointestinal illness (acute vomiting and/or diarrhea). Once I disclose my child's public health illness he/she will stay out of the pool for 24 hours after my child's last day of symptoms. I understand that if my child should vomit or release fecal matter into the pool, my child will not be allowed back into the pool for the remainder of the session. This self-disclosure will be in effect for the entire swim lesson season from June 15 to Aug 8, 2026

I understand that if it is determined that my child cannot continue due to a public health illness before the end of the first Wednesday of my two-week period, I will be refunded a prorated amount of \$250, total tuition minus nonrefundable registration and holding fee of \$155, for the remainder of the two-week session. After the end of class on that first Wednesday, I understand that there will be no pro-rated refunds of any kind unless I have e-mailed cindyswimfast@gmail.com about my decision to pull my child before the close of my child's lesson that day. I further understand that if the pool needs to be closed for a day for any reason during the two-week period, and if that time can't be recovered by lengthening the remaining classes, that the missed class will be conducted on the next, consecutive Saturday at the regular time. There will not be a further refund or make-up beyond that Saturday if I am unable to participate.

As a condition of my child's participation in the above listed activity, I agree to the stated self-disclosure requirements as well as the procedure for partial refunds and make-ups as described above.

Waiver Form:

I wish to participate in the SwimFast Lesson Program. I am informed that the activities are conducted by individuals who may be University employees, high school aged instructors, or who may volunteer their services to the program. I recognize that risk of accident and/or injury are possible consequences of participation in any activity, and that no amount of reasonable instruction and supervision will prevent every and all type of injury. I also realize and understand that severe injuries are possible. I appreciate the character of the risks involved and I voluntarily assume all risk of injury. I have carefully considered how the possible consequences of injury may impact my life, and choose to accept this risk and to participate in the designated activities. In accepting this risk, I expressly and explicitly release, discharge and waive any and all responsibility of SwimFast LLC, the host facility, and the employees, officials or agents of any and all of the foregoing, pertaining or related to, or arising from, in any manner, injuries to my person as a result of participation in this activity.

Authorization to consent to medical treatment for a minor child:

I state that I am the natural parent and/or have legal custody of registered child. I authorize camp director or designee to consent to any examination, anesthetic, x-ray, medical or surgical diagnosis or treatment, and/or hospital care to be rendered to this minor under the general conditions of special supervision and on the advice of any physician or surgeon licensed to practice when efforts to contact me are unsuccessful.

Media materials: In addition, I waive all claims to pictures or video taken of the lessons in progress for instructional materials, advertising, or profit.