

SWIM LESSONS



Johnston YMCA Swim Lessons

704-716-6362 | JohnstonSwimLessons@YMCACharlotte.org

Preparing for Swim Lessons:

Please arrive 15 minutes prior to the start of class. The front desk staff can direct you to the pool. You can use this time to get dressed and prepared. Please let the instructor know of any health issues related to your swim lesson. Parents are welcome to watch their children from the bleachers of the vestibule during class. What should my child wear to swim lessons?

What to bring

- Bathing Suit
- Towel
- Goggles, optional for swimmers who have learned to put their face in the water and open their eyes
- Swim Diapers **and** Rubber Pants, if your child is NOT toilet trained

Participants who are not fully potty-trained must wear a disposable swim diaper, reusable swim diaper (must be snug and completely cover disposable diaper) and a swimming suit (all 3 garments must be worn for class). Please have your child use the bathroom before entering the pool.

Goggles are not a requirement for YMCA Swim Lessons. If goggles help your child feel more comfortable in the water, that is fine with us. Goggles are recommended for the Swim Stroke stages that will be swimming laps during lessons. To ensure your swimmer learns breath control, masks that cover the nose will not be allowed.

DURING THE LESSON:

Please remain in the pool area if you are not comfortable with your child going to the bathroom alone. If you do need leave the pool area, please leave your cell phone number and be sure that you are back before your child's class is over.

Our Approach to Lessons:

Our progressive lesson curriculum ensures that each child learns and progresses at their own rate, and is not designed to be passed in one session of lessons. Like dance or tae Kwon do, many swimmers will continue in the same level for 2 – 6 sessions until they are able to master all of the skills. Do not be discouraged, as instructors are building skills and practicing to develop lifelong skills. We encourage you come in to practice skills outside of class.

National YMCA Program Standards determine our curriculum and maximum ratios:

Parent/child classes- 10 students to 1 instructor

Swim Basics- (3–5 year olds) 5 students to 1 instructor; (age 13–adult) 8 students to 1 instructor

Swim Strokes- (5–12 year olds) 6–8 students to 1 instructor; (18+) 10 students to 1 instructor

Swim Team Prep– 8 students to 1 instructor.

Helping your Child Acclimate to Lessons

It is common for some children to be afraid or cry. Assure your child that swimming is important. Your confidence and reassurance will help them adjust more quickly. Our staff members are well-trained in these reactions, and are happy to work with you to find solutions to make the lesson more comfortable. We ask that parents observe from the viewing window outside the pool or from the bleachers. Please do not interrupt the instructor during class. If your child is having difficulty it is often more helpful that you step out of view behind the window. For the safety of all students, children who are continually disruptive during class will be asked to sit out until they are able to adhere to the instructor's direction.

Communication and Progress Reports

We keep you updated on the lesson and your swimmer's progression in multiple ways:

Swim Corner White Board: located in the vestibule, we will update registration info, cancelled lessons, and weekly lesson goals.

Instructors: Meet them at the end of class for updates on your swimmer's progress. They are well-trained and here to help you meet your goals.

Pool Closings: Call the aquatics hotline, 704-716-6305, to see if weather or water quality has closed the pool. Makeup lessons are communicated within 24 hours of a pool cancellation via email.

Evaluations: We periodically ask for your feedback via email or otherwise to determine how to welcome your input!

MISSING CLASSES

What do we do in the event of inclement weather?

We are required to close all pools for 30 minutes following staff recognition of lightning or thunder. We may hold one out-of-water safety day per session in the event of a pool closure. This covers the entire safety portion of the lesson curriculum and counts as a complete lesson.

Cancelled Lessons Due to Pool Closing

We must close the pool and cancel lessons if there is contaminant in the pool, or for thunder or lightning. If this happens during swim lessons during the weekday evenings, make up lessons are on Fridays at the regular scheduled time with a date to be emailed out. If this happens during Saturday morning swim lessons, we will make-up the lessons on Sunday afternoon at a time to be determined and sent via email.

*** During a thunderstorm we will make a decision 20 minutes prior to your lesson's start time regarding lesson cancellations. We will notify participants via email within 24 hours after to inform them of the cancellation and the scheduled make up time with the email address listed on our rosters. If you are unsure of a class cancellation please call the Aquatic Hotline at 704-716-6305. If there is no update for that date then the pool is operating as usual.

Facility and Health Regulations

Please keep your child home if your child:

- Has had a fever or vomited within the last 24 hours.
- Has had diarrhea or intestinal flu within the last 24 hours
- Has green/yellow discharge from the nose has pink-eye, ringworm, or other contagious illnesses.

Making Up Lessons:

We offer make-up lessons in the event that you miss one lesson in the session for which your class is running and if there is space available. If there is an open spot in any class that is the same stage as your child we will be happy to accommodate a make-up at that time. Please note that the makeup lesson instructor may not be your child's regular teacher. To attend any make-

up lessons, please RSVP via email at least 48 hours prior to the makeup day you are looking for in order for us to make sure there is safely room in that class. It is strongly recommend not more than two classes per session to give each participant the best chance of success. We cannot guarantee make up lessons.

REGISTRATION

When Can I register for a class?

Swim Lessons run year round! Register early to save a spot in our program.

Member Registration starts on: Dec. 1, Feb. 1, Apr. 1, June 1, Aug. 1, & Oct. 1

Program Participant Registration starts on: Dec. 15, Feb. 15, Apr. 15, June 15, Aug. 15, & Oct. 15.

The YMCA reserves the right to add, change, or cancel class schedules to meet the needs of our branch and members. Classes with fewer than 3 participants will be cancelled. We encourage participants to register early to prevent changes to the schedule. Please see our Lesson Handouts for future schedule changes.

Private & Semi-Private Lessons:

Lessons will be conducted as scheduled. Once lessons have been scheduled, cancellations must be made at least 24 hours in advance. Lessons canceled with 24 hours advanced notice will be rescheduled based on instructor's availability. Lessons canceled for any reason with less than 24 hours notice will not be rescheduled. Private Swim Lesson packages will expire 6 months after the start-date. Unused private lesson purchases may not be carried over into the next calendar year.

How do I know which class is appropriate for my child?

Our swim lessons are organized first by age and then by skill levels. You will see the skill stage within each age group listed in our program materials. Please use the class descriptions in the program guides, as well as our interactive online tool through our website to help determine the proper skill level for your child. We will also conduct skill assessments on the first day of all sessions and make placement adjustments at that time. Please sign your child up for the most appropriate class based on their abilities. If a placement adjustment is required, we will do our best to move your child to the new stage based on class availability. For current swimmers, please discuss stage recommendation with your current instructor.

How long will it take my child to pass a level?

Knowing that each child learns and progresses at a different rate, the levels are not designed to be passed in one session. Like dance or tae kwon do, many swimmers will continue in the same level for 2-6 sessions until they are able to master all of the skills. Please do not be discouraged if your child needs to repeat a level more than once. The instructors will continue to build skills in each session. Typically the more people practice their skills, the better they will become. We encourage you to come in to practice the different skills taught in class.

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