



## **Dowd YMCA Swim Lessons**

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### **First Day of Lessons:**

Swim lessons meet on the Indoor Pool Deck throughout the year. Please check in at our table before each class in the session to help us keep accurate attendance records. We will split the children up with their instructors at the beginning of the lesson. If you are running late, please take the time to check in and then take your child to the class station.

### **What do we do in the event of inclement weather or pool closure?**

We are required to close all pools for 30 minutes after the last time our staff sees lightning or hears 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.

### **How will I know if the pool is closed due to inclement weather?**

We use email, phone calls, text messages and the PUSH alerts (via the YCLT+ phone app) to communicate information on pool closures and cancellations. Please remember that lessons may still occur during inclement weather with the out-of-water safety day. We will also follow up with an email within 48 hours if a class is cancelled with make-up information.

### **Make-Up Swim Lessons:**

Make-up swim lessons are offered if we cancel a swim lesson (typically for inclement weather or unforeseen pool closure). We do not offer make-up swim lessons for swimmer absences. We will normally email a make-up time within 48 hours of the cancellation. Due to scheduling and space, most make-up lessons will be scheduled on Friday evenings with two separate times made available to all participants. Those wishing to participate in the make-up swim lesson will be required to RSVP for the time they plan to attend.

### **Cancellation / Refund policy for group swim lessons:**

Full refunds are available before a session begins. Once a session has begun and before the 4th lesson, a 50% refund will be available. No refunds are available after the 4th scheduled lesson.

## **SWIM FAQs**

### **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 many children are in each class?**

All swim lessons are taught in accordance with the National YMCA Program standards. The maximum ratios are as follows:

- Swim Basics: 1-3 - max 6 students to 1 instructor
- Swim Strokes: 4-6 - max 8 students to 1 instructor
- Swim Basics: 1-3 Teen/Adult (13+ yrs.) - max 8 students to 1 instructor
- Swim Strokes: 4-6 Teen/Adult (13+ yrs.) - max 8 students to 1 instructor

### **May I sit by my child's class?**

In the interest of building trust between a swimmer and the instructor, we ask parents to observe their child's class from either the viewing window outside the pool, the bleachers on the deck instead of the benches on the deck, or the pool cove. If you choose to stay on the pool deck, please do not interrupt the teacher during the class time. If your child is having difficulty, we may recommend that you observe your child's class through the glass viewing area outside the pool deck. Children who are continually disruptive during class will be asked to sit out until they are able to listen to the teacher's instructions. This will help ensure the safety of all students.

### **What should my child wear to swim lessons?**

Participants must have on a swimsuit. We require that hair shoulder length or longer is pulled back or worn under a swim cap. 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.

### **My child does not like water in his/her eyes. Should I bring goggles?**

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.

## **Is it okay for me to swim or work out while my child is in lessons?**

Please remain in the pool area if you are not comfortable with your child going to the bathroom alone. Please remain on the YMCA property at all times. If you do leave the pool area, please be sure that you are back before your child's class is over.

## **When should I keep my child out of swim lessons? (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.

## **How can I determine if my child is improving in swim lessons?**

We encourage parents to build a relationship with the child's instructor. Feel free to ask them about your child's progress before or after class. Please keep in mind that the instructor may have another class beginning shortly. If you cannot find time to talk with the instructor during your visit, please feel free to leave your name and number and the a member of our Aquatics team will call you.

## **How long will it take my child to pass a stage?**

Knowing that each child learns and progresses at a different rate, the stages are not designed to be passed in one session. Like dance or taekwondo, many swimmers will continue in the same stage for 2-3 sessions until they are able to master all of the skills. Please do not be discouraged if your child needs to repeat a stage more than once. The instructors will continue to build skills in each session, and it's important that kids are in the stage compatible to their skill-set, so that the classes are comprised of children with similar ability levels.

## **What if I have feedback to give?**

Feedback is absolutely welcome! You can always talk with your instructor after lessons if you have questions, concerns, or suggestions on how to work effectively with your child. You are also welcome to contact our Aquatics staff with your feedback.