

SWIM LESSONS



Sally's YMCA | (704) 716-7300
1601 Forney Creek Parkway Denver, NC 28037

SWIM LESSON INFORMATION

What can I expect on the first day of class?

All of our instructors are YMCA certified swim instructors and prepared to teach at the most appropriate level for your child. On the first day of class your child may be evaluated to determine their swim level.

Where will we go on the first day of class?

Please meet on the pool deck. Your instructor will introduce him or herself and indicate where they will be teaching the class for the remainder of the session. Please make sure to check in with the Head Instructor in the pool area.

Where should we change?

If your child is not already in their swim suit you may take them to the locker rooms or bathrooms. We encourage the swimmer to use the restroom before the start of class.

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

Although, it is beneficial for beginner swimmers to be comfortable in the water with- out goggles, any and all elements that will provide a sense of comfort to your child in the water are welcome, including goggles. However, if you choose to buy your swimmer goggles please stay away from the snorkeling goggles that cover the nose to ensure that a student can accurately learn breath control.

May I sit by my child's class to help them adjust to the new situation?

In the interest of building trust between a swimmer and the instructor, we ask parents to observe their child's classes from either the pool lobby area or the benches on the pool deck. If you choose to stay on the deck please stay on the benches or against the wall. If your child is having difficulty, we may recommend that you ob- serve your child's class through the glass from the pool lobby.

How can we help keep the pool clean?

Swimmers should take a cleansing soap shower before using the pool and after using the toilet prior to returning to the pool. Any swimmer who has diarrhea should not return to the water until at least 48 hours after the last episode. Please help us keep the pool deck clean by hanging your child's belongings on the wall hooks provided and throwing away and garbage. Finally, if you used any of YMCA's equipment please be kind enough to put it back.

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 be- fore or after class, as well as to offer any feedback in regards to better teaching your child. Please keep in mind that the instructor may have another class beginning shortly. If you can't find time to talk with the instructor during your visit, leave your phone number with the instructor and request to have them call you. Certificates of participation listing skills taught in your child's level are handed out on the last day of class.

May I bring a guest to watch my child in swim lessons?

Absolutely! Children love to show off their new skills. Feel free to bring anyone who would like to come watch them. Photos and video are a terrific way to capture the day!

Is it all right for me to swim or workout while my child is in class?

Yes, it is fine to use the facility if you are a YMCA member, just let us know where you will be and return before the class ends only if the child is of responsible age. Please do not leave the YMCA while your child is in class, in case there is inclement weather or an emergency.

What do we do in the event of inclement weather?

When it storms we close the pool for 30 minutes after each time we see lightning or hear thunder. We will hold a class if we can be in the water for at least 20 minutes. Please call front desk or Seattle Kiser at 704-716-7300.

What will be done about classes cancelled by the YMCA because of inclement weather or fecal incident?

In the event the YMCA must cancel a class, every effort will be made to schedule a make-up class as close to the missed class date as possible or we may add time on to the next lesson. If time does not allow us to hold a make-up class or add extra time, no refunds will be issued for classes cancelled due to circumstances beyond our control