



Welcome to Lowe's YMCA Swim Lessons!

We hope you are enjoying your start or continuation in a lifelong journey of swimming. We are looking forward to another great session and getting to see your child become more confident in the water.

FIRST CLASS INFO

Where will we go on the first day of class?

On the first day of class, an instructor will meet you in the pool area pool near the slide well to check in your child and place them in their group.

What do we bring to class?

- Bathing Suit
- Towel
- Goggles- recommended, but not required for Swim Basics and Swim Strokes
- Hair tie or swim cap for long hair in order to keep it out of the child's face while swimming.
- Swim Diaper if your child is not fully potty trained-see below for more information.

SWIM FAQs

Do I need to stay on the pool deck during my child's lesson?

Please remain in the pool observation area for all preschool lessons. For school age lessons, please stay if you are not comfortable with your child going to the bathroom alone, as instructors are unable to take children during class. You must remain on the YMCA property at all times. If you do leave the pool area, you must be sure that you are back before your child's class is over to pick up your child in the lesson area.

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. Many swimmers will continue in the same level for several sessions until they are able to master all 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 they practice their skills, the more comfortable and better they will become at those skills. We encourage you to come in to practice the different skills taught in class during the week.

My child is not potty trained. What do you require them to wear for swim lessons?

Children who are not fully potty trained must wear a disposable swim diaper. It is suggested that they also use an additional waterproof/ plastic cover over the disposable diaper.

What is the ratio of swimmers to instructors for Group Lessons?

All Swimming Lessons are taught according to the National YMCA Program standards. The maximum ratios are as follows:

- Parent/Child classes: 10 parent/child teams to 1 instructor
- Swim Basics: 1-3 - max 6 students to 1 instructor
- Swim Strokes: 4-5 - max 8 students to 1 instructor

How do I find out progress or updates during the session?

During the session, please speak with your instructor to receive updates on progress.

- **Swim Corner Board** – Flyers with upcoming sessions may be found here.
- **Instructor Feedback** - Swim instructors are well trained and are here to help you meet your swimming goals. Please meet them at the end of class for updates on your child's progress.
- **Certification of Achievement** – This report will be given out on the last day of class which states everything your swimmer has completed throughout the session as well as what level the swimmer should be in next.

What if my child is afraid?

When lessons begin it is common for some children to be afraid or cry. Remember this is a new environment with new routines and expectations. Assure your child that you understand they may be uncomfortable but learning to swim is important.

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 class from the seating areas around the pool deck. If you choose to stay on the pool deck, please do not interrupt the teacher during 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 that 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 in the program.

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, goggles may be used. Goggles are recommended for levels that will be

swimming laps during lessons. To ensure your swimmer learns breath control, masks that cover the nose are **NOT** recommended.

Can I make-up individual missed classes?

To maintain quality programming for all participants, individual missed classes **may not** be made up. This includes, but is not limited to, a child who has an illness, injury, vacation. In the event of a pool or weather cancellation, please see the policy below.

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.

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.

At Home

Parents are an important part of a successful swim lesson. The instructor will give feedback on skills your child can work on at home such as blowing bubbles and putting eyes in the water in the bathtub or practicing big arms.

When can I register for a class?

- Swim Lessons run year-round! Register early to save a spot in our program.
- Please visit our pool deck and/or membership desk where you may find updated flyers regarding upcoming swim lessons dates, registration dates, etc.

The YMCA reserves the right to add, change, or cancel class schedules to meet the needs of our branch and members. We encourage participants to register early to secure a spot in the classes.

How do I know what class to register my child in?

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.

What is the Refund Policy?

Full refunds are available before a session begins.

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