

# SWIM LESSONS



**Lincoln County YMCA | Contact: 704-716-4500**  
**402 East Gaston Street, Lincolnton, NC 28092**

Y Swim Lessons participants learn and practice new swimming skills and feel a sense of achievement from mastering something new that they can enjoy the rest of their lives. While participating in fun water sports and games, children also increase their physical activity levels. Participants in Y Swim Lesson are connected to others in the class, make new friends and recognize new role models. The participants are more comfortable and secure around water, as they learn water safety and improve their swim skills. Children have a stronger bond with their parents and family members from the take home activities of family huddles and sharing boating safety tips.

Group and Private swim lessons are available.

## **WHAT TO EXPECT**

- The Water temperature is 86 degrees. Children are warm while in the water but get chilly fast as they get out. A thick towel helps.
- Parents of preschoolers or youth may watch from the bench or the lobby. You know your child the best, if you feel your child does better with you in the pool area, please stay. If they do better if you are not seen, please observe from the lobby.
- Goggles are optional. They available at the front desk or at Walmart. Please do not purchase the ones with the nosepiece, we will work on getting the children to breathe out of their nose.
- We ask that children do not enter the water until the instructor calls for them. Please make sure children exit the pool when the lesson is over, lessons start immediately after and we want to make sure we have ample pool space for them as well.
- Long hair can get in the way when swimming, please tie your child's hair back or wear a swim cap.
- Family restrooms are located in the hallway leading to the pool area. Or you may use the locker rooms where changing tables are located.
- Please have your child go to the restroom before class begins. Children not potty trained will need a swim diaper and plastic pant over the diaper.
- We will make up lessons if the lesson is canceled to due thunder/lightning or other pool closings. Please call 704-716-4500 to get updates on pool closings and swim lessons.

## **RATIOS**

Parent/Child - 12 parent/child teams to 1 instructor  
3-5 years - 6 students to 1 instructor  
6-12 years - 8 students to 1 instructor  
6-12 years - 8 students to 1 instructor

## **DURATION**

Parent/Child (6 months-36 months) class meet on Saturdays for eight weeks from 9:30-10:00 AM  
Preschool (3-5 years) class meet on Tuesday and Thursdays from 6:00-6:30 pm or Saturdays 10:00-10:30 AM for eight lessons

Youth (6-12 years) class meet on Tuesday and Thursdays from 6:35-7:15 pm or Saturdays from 10:30-11:10 PM for eight lessons

**WHAT TO BRING**

- Swimsuit
- Towel
- Goggles are optional
- Swim diaper and plastic pants for children not potty trained.

**WHERE TO MEET**

Your instructor will meet you on the pool deck. You may get to the pool deck by going through the gate at the front desk make the first right, then proceed to the door beside the elevator.

**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 in the bathtub or practicing big arms.