



## **Lake Norman YMCA Swim Lessons** **21300 Davidson St., Cornelius, NC 28031**

Welcome swimmers,

Thank you for choosing the Lake Norman YMCA. We offer swim lessons year round for all persons 6 months to 100 years old. We want to help you achieve your lifestyle and fitness goals and celebrate your successes! 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.

I am excited to meet you!

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## **FIRST CLASS INFO**

### **Where do we meet?**

Your instructor will meet you on the pool deck. You may get to the pool deck by going past the front desk and through the family locker rooms located across from our outdoor pool entrance.

### **What do we need to bring?**

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

Our certified instructors will assess each swimmer to ensure that they are enrolled in the class that will be just the right fit. Participants that have the most similar skill level will be grouped together.

## **What to expect**

- The Water temperature is 84-86 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 around the pool. 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 locker room.
- Goggles are optional. 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 pants over the diaper.
- We will make up lessons if the lesson is canceled due to thunder/lightning or other pool closings. Please call 704-716-4402 to get updates on pool closings and swim lessons.

## **Duration**

Parent/Child Lessons (6 months-36 months) | 30 minute class session:

- Meet on Saturdays for eight weeks

Preschool Lessons (3-5 years) | 30 minute class session, eight lessons

- Mondays/Wednesdays, Tuesdays/Thursdays or Monday-Thursday, eight lessons

School Age Lessons (6-12 years) | 40 minute class session:

- Meet on Mondays/Wednesdays, Tuesdays/Thursdays or Monday-Thursday, eight lessons

## **Children learn through play!**

Please consider joining our YMCA (if you're not already a member) and visiting the pool often! Children will inevitably practice what they learned in their lesson on their own, no instruction from you is needed, just access to the pool where they can Just Play! The instructor will give feedback on skills your child can work on outside of lessons such as blowing bubbles, floating, practicing big arms, floating on their backs, etc...

# **REGISTRATION INFO**

Member registration opens 2 weeks prior to Non Members. Make sure to join The Y for premium dates/times. Refer to the "Lesson Selector Online" or ask the Sales & Service Center associate to determine the best stage to register.

# **GROUP SWIM LESSON POLICIES**

Please note that classes are divided according to skill stage and age. There may be multiple classes of each stage or stages may be combined due to low participation numbers. We must have three participants to run a class.

## **What is your policy for make-up lessons?**

If the class was cancelled due to YMCA pool closure, we will make every effort to reschedule the missed class as soon as we can following the pool closure at the regularly scheduled time.

We cannot make up classes for individual missed classes. We will not be able to issue refunds for missed classes due to circumstances beyond our control.

Make up lessons are not available if a class has had at least 50% of instruction time.

### **When does the Y close the pool?**

In the event of thunder or lightening, we have to clear the pool and pool deck immediately.

If there is defecation or vomit in the pool, we have to clear the pool as quickly as possible. We may utilize our time on the pool deck to discuss Safety and Character topics until the participants are allowed back into the pool.

## **COMMUNICATION IS KEY!**

**Emails** are the most utilize tool for communication for our program. Our aquatics team will share communication prior to the start of the program, quick in session updates, and future program opportunities/events to stay involved. Please make sure that we have the correct email for you.

**Swim instructors** are an invaluable resource for getting information on your progression. Please meet with your instructor after class to get additional updates and pointers.

**Progress reports** are given out midway and a recommendation at the end of your session for the next registration stage.

## **BE SAFE!**

We offer Free Swim Assessments to help you determine the participant's swim ability. There is no obligation to register for swim lessons. We want you to be aware of your swimming skills. Please call or email in advance if possible.

## **Have Fun! It's our #1 Rule.**