



Sally's YMCA Swim Lessons

1601 Forney Creek Parkway, Denver NC 28036

Welcome swimmers,

Thank you for choosing the Sally's YMCA. 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!

Joie Burroughs
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Lincoln County and Sally's YMCAs
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FIRST CLASS INFO

Where do we meet?

Your instructor will meet you on the pool deck. Our Sales and Service team can assist you as needed to get to our outdoor pool, just let them know you're there for swim lessons and need assistance. We have a locker room close to the pool where you/your child will be able to use the bathroom and change into your swim attire.

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 you 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 will vary based off temperatures as our outdoor pools are not heated. Children are typically 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 pool deck or the front 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. Please do not purchase ones that cover the nose and eyes, we will work on getting the children to breathe out of their nose, as that is a key component of learning to swim.
- 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.
- Long hair can get in the way when swimming, please pull your child's hair back or wear a swim cap.
- Family restrooms are located in the hallway leading to the pool area.
- 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 704-716-4500 to get updates on pool closings and swim 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...

Can my child swim before or after their lesson?

Yes, practice makes perfect! Please have your child wear their green/yellow swim band. Children without swim bands must have a parent in the water and within arm's reach. Parents must be present during free swim time. Please check the schedule for our family/free swim time.

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. Like dance or tae kwon do, many swimmers will continue in the same level for 2-6 sessions until they are able to master all of the 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, and it's important that kids are in the level comparable to their skill-set, so that the classes are comprised of children with similar ability levels.

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. We could combine levels that are similar to run the class. This often is a great opportunity for children to learn from those more experienced than they are and for others to really grow confidence in the water!

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 lightning, 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.

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 any other contagious illnesses.

COMMUNICATION IS KEY!

Emails are the most utilized 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.