

# SWIM LESSONS



## Simmons YMCA Swim Lessons

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**Thank you for choosing the Simmons 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!

### FIRST CLASS INFO

#### Where do we meet?

Please proceed through the family locker rooms, rinse, and meet at the indoor pool deck. There will be a member of our staff on hand to greet you, and introduce you to your swim instructor.

#### What do we need to bring?

Swim suit, Goggles, Towel

#### What's going to happen?

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.

### REGISTRATION INFO

Member registration dates: February 1, April 1, June 1, August 1, October 1 & December 1

Program participant registration dates: February 15, April 15, June 15, August 15, October 15 & December 15

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 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.

# COMMUNICATION IS KEY!

**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.

**Remind app** is used for fast group communication regarding pool closure or lesson cancellation.

# 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!