



Welcome to the YMCA Swim Lesson Program. We are glad you chose the YMCA as your swim lesson provider. The Aquatics Department looks forward to serving you in the weeks ahead. Please take a few moments to look through this packet of information. This packet contains all you need to know about the swim lesson program. If you have any additional concerns or questions, please do not hesitate to contact us anytime.

### **First Day Expectations**

Please make sure that all children come dressed and ready to get in the water at least 5 minutes before their class start time. Please find a comfortable place to sit and wait to be called for swim lessons. At the class start time, you and/or your child will be called to come to the pool for lessons. The supervisor will then call out names and direct participants to their respective classes. The instructors will evaluate the participants swimming ability. If the participant needs to move up or down a level the instructor will notify the supervisor and the supervisor will work with the parent to change to the appropriate class.

### **During Swim Lessons**

While parents are encouraged to watch the swim lessons, we ask all parents to stay at least 15 ft. away from the pool. You may sit in prepositioned lounge chairs or under the overhang. Keeping a distance from the class area removes additional distractions to the participants, as well as the instructors. Having said that, we do encourage parents to get to know your instructor. If you have any specific questions about your child's abilities your instructor will be glad to talk with you. Please keep this brief though, as they have classes before and after yours.

We will begin every lesson at the same time on the days that class is held. An instructor will call for lessons at the appropriate time. Please do not interrupt the lessons going on before your class starts by having participants go to the poolside early. We encourage YMCA members to wait until after class for free swim. Having free swim before class can drain their energy as well as attention span. Please remember that the YMCA is a member based facility and that non-members are restricted from using the facility other than the allotted program time.

### **Discipline**

The Swim lesson instructors and Lifeguards will do their best to talk with individuals about rules at the pool, but we do expect the parents to reinforce the pool rules while here. If you feel it is necessary to discipline your child during swim lessons please remove your child from the lesson first as to avoid as much distraction as possible.

### **Inclement Weather**

The Lifeguards will close the pool under the following conditions:

- Lightning is sighted
- Rain is heavy enough that it limits the visibility of the bottom of the pool
- Any other situation the lifeguard deems unsafe

The first time the participants are instructed to leave the pool for weather or the last day of class, whichever comes first, there will be a safety lecture. This is part of the curriculum of the class and is something we can do inside and out of the pool. The safety lecture will be different for every class and will include things like never going swimming alone, using lifejackets, or calling 911. The instructors will communicate with parents/ Front desk to inform them where the safety lecture will be held.

### **Cancelation/ Make-up classes**

If the participants are instructed to leave the pool for weather a 2<sup>nd</sup> (or 3<sup>rd</sup>, 4<sup>th</sup>) time we will be forced to cancel class. We will not cancel class until 15 minutes prior to the class start time. This information will be communicated to the front desk as well as our YMCA twitter account ( [www.twitter.com/ncfymca](http://www.twitter.com/ncfymca) ). You can also check our twitter feed on our website, [www.ncfymca.org](http://www.ncfymca.org) . If in doubt please come to the YMCA anyway. If there is a break in the weather we will get in the pool.

If your class has been canceled a make-up will be scheduled on Friday at the same time. If multiple make-ups are needed we will schedule make-up classes on Saturday morning as well. These times will be specified on the Friday before. The YMCA is not obligated to make-up any classes missed for personal reasons.

For any other information please contact Aquatics Department at 352-374-9622 or [s.chase@ncfymca.org](mailto:s.chase@ncfymca.org) .

