



YMCA Swim Lessons

WELCOME! We are SO glad to have you in our swim lesson program!!

Where do we meet?

Please proceed through the family locker rooms and meet on the indoor pool deck. There will be a member of our aquatic staff ready to meet you!

What do we bring?

- Bathing Suit
- Towel
- Goggles
- Swim diapers and rubber pants, if required. Read further, below.

SWIM FAQs

What if I miss a class?

We understand that life happens, but unfortunately, we do not offer make-up lessons for individually missed swim classes.

- YMCA Cancellations: If the YMCA cancels a class due to weather, contamination, power outage, or other unforeseen circumstances, we will make every effort to extend a future lesson or offer a make-up session. However, please note that due to scheduling constraints, a make-up class is not always guaranteed.

Do I need to stay on the pool deck during my child's lesson?

Though our indoor/outdoor pools are a great temperature for swimmers, our pool decks can be a little uncomfortable for observers. You are welcome to wait for your swimmer in our lobby, and watch lessons through the windows.

Can my child swim before or after their lesson?

Yes, practice makes perfect! Providing the pool schedule allows for family swim during that time. 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 family swim time. Please check the schedule for our family 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, gymnastics, soccer, and tae kwon do, many swimmers will continue in the same level for 2-6 sessions (2-3 months) until they are able to master all the skills. Repeating levels isn't seen as a setback but as part of the learning process, which can help both the child and the instructor focus on building a strong foundation. This approach ensures

that children aren't rushed and feel confident in their abilities as they move through the stages of learning.

Potty Training & Swimwear Policy

For the health and safety of all participants, children who are not fully potty trained must wear the following items during swim lessons:

- A disposable swim diaper
- Rubber pants with elastic around the legs
- A swimsuit (all three garments must be worn for class)

Please ensure that your child uses the bathroom before entering the pool to help maintain a clean and safe environment for all swimmers.

Inclement Weather

In the event of inclement weather, the safety of our students and staff is our top priority. All pools will be closed for 30 minutes following the last observed lightning strike or thunder sound. We will monitor the weather and make decisions to ensure the safety of everyone involved.

- Class Cancellations: If a class is canceled due to weather conditions, we will work to extend the time of the following class session to make up for the missed lesson.
- Communication: To keep you informed, please ensure that your contact details (email and phone number) are up to date in your account. This will allow us to quickly notify you of any changes to your class schedule due to weather conditions.

How to Know If the Pool is Closed Due to Inclement Weather

In the event of inclement weather, we will notify you of any pool closures using the following methods:

- Email & Text Messages: Please check your email and text messages regularly for updates on closures and ensure we have your correct contact information.
- YCLT+ App: If you are a member, you can receive "push" alerts through the YCLT+ app. To ensure you get timely updates, please make sure your settings are configured to receive notifications.
- Social Media: We will also post updates on our social media channels, so be sure to follow us for the latest information.

We recommend keeping an eye on these communication channels for real-time updates during any weather-related events.

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 pinkeye, ringworm, or any other contagious illnesses.

Cancellation Policy

We understand that plans can change, and we want to make the process as easy as possible. Please review the following guidelines for cancellations and transfers:

- Cancellation: If you need to cancel a swim lesson, please notify us at least 15 days prior to the program start date. Cancellations made within this time frame are eligible for a refund.
- No Refunds: Cancellations made fewer than 15 days before the program start date will not be eligible for a refund.
- Transfers: If you need to transfer from one session to another, please contact our Sales and Service Team. We will do our best to accommodate your request based on availability.

We appreciate your understanding of these policies as they help us maintain a smooth and efficient scheduling process for all participants.

Determining Progress in Swim Lessons

We encourage parents to build a positive relationship with their child's instructor to stay informed about their progress. Feel free to ask the instructor about your child's development before or after class.

Please keep in mind that the instructor may have another class starting soon, so there may not always be time for an in-depth conversation. If you're unable to speak with the instructor during your visit, please leave your name and phone number, and a member of our Aquatics team will follow up with you.

We are committed to supporting your child's growth and are happy to discuss their progress with you.

Learning Through Play

Children learn best through play, and we encourage you to visit the pool often to allow your child to practice and reinforce what they've learned in their lessons. If you're not already a member of the YMCA, we invite you to consider joining, as frequent pool visits will give your child the opportunity to "Just Play" and practice their skills in a fun, low-pressure environment. While at the pool, your child will naturally practice the skills they've learned, and no formal instruction from you is needed. Our instructors will provide feedback on key skills your child can continue working on outside of lessons, such as:

- Blowing bubbles
- Floating
- Practicing big arms
- Floating on their backs, and more...

By incorporating playtime into their routine, your child will build confidence and improve faster in a natural, enjoyable way.

Private/Semi-Private Lessons

Private and semi-private swim lessons are available for those who prefer a more personalized experience. However, please note that these lessons are often in high demand and may have a waitlist. To request a private lesson, please see your Aquatic Leadership Team for a **Private Swim Lesson Request Form**, and they will add you to the list.

While private lessons are a great option, we encourage you to consider the benefits of group lessons. Children learn a great deal through play and by observing their peers. Group lessons offer an opportunity for friendly competition, socialization, and a fun, engaging environment that fosters growth and development in a supportive setting.