



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Swim Lesson Policies and Information

**Aquatics Swim Lesson Philosophy:** The YMCA's aquatics philosophy focuses on character development and Christian values. Swimmers learn and incorporate five values throughout each session of lessons: caring, honesty, respect, responsibility, and faith in God.

**Cancellation Policy:** A written cancellation form must be turned into the front desk of the Alexander Family YMCA five business days prior to the session start date for a refund to be issued. There is a \$25.00 non-refundable fee. Refunds are issued within 45 days of cancellation. The YMCA reserves the right to apply any credit due to other outstanding balances. Program payment is not transferable from one session to another, from one YMCA program to another, nor from one YMCA branch to another. Non-attendance does not entitle you to a refund. No refunds or adjustments are granted for illness, vacation, or when the YMCA programs are cancelled due to inclement weather.

**Inclement Weather Policy:** The pool must be closed for 30 minutes following each occasion of lightning, thunder, or cleanup of contamination. Therefore, occasionally it may be necessary to cancel lessons due to unsafe weather conditions.

**Make-ups for Missed Classes:** The YMCA will make every effort to offer a make-up class for those classes that the YMCA cancels. Refunds or additional make-up classes are not available if you are not able to attend the scheduled make-up date. Compensation will not be provided if the YMCA is not able to make up all missed classes. No make-ups are granted for personal absences such as illness and vacation. The Alexander YMCA typically holds make-up lessons on Friday evenings.

**Arrival Time:** It is important to be on the pool deck and ready to go 5 minutes before your scheduled class time.

**Swimming Attire:** We ask that you not send your child in swim suits with built in flotation. If your child gets cold easily you may try a swim cap or a swim shirt (Rashguard). We recommend that advanced swimmers bring goggles to practice, however for beginner swimmers they often create a false sense of safety, therefore for safety reasons part of every lesson will be spent encouraging kids to be comfortable without goggles.

**Viewing:** We have a second floor observation area located in the lobby. You may also choose to watch from the benches along the side of the pool. YMCA members are welcome to use the workout facility during their child's lesson, but please return five minutes the class ends. Please notify your child's instructor or the deck coordinator of where you will be if you plan on leaving the pool area. For the children's safety all parents must stay on YMCA property.

**Bathroom Use:** If your child is not comfortable going to the bathroom on their own you must remain on the pool deck or designate another adult that will be on the pool deck to take them if necessary. We do have a youth locker room for children under 17; parents of the appropriate gender may accompany their children into these locker rooms. Children over the age of five may not use the opposite gender bathroom. If your child is not potty trained we require the use of plastic swim diapers. For sanitary reasons please do not change diapers on the pool deck.

**First Day of Lessons:** Sometimes more than one swim lesson will occur at a time. When this is the case children will be evaluated on the first day and broken into classes based upon what the instructors feel will best set them up for success throughout the session. This means your child may be switched between instructors on the first day to help us find the best fit for them. We believe that it is best for children to learn to love swimming, not just to learn to

love their instructors. In the event that only one class is running at a time, the instructor still evaluates the students on the first day to help set-up appropriate lesson plans for the rest of the session.

### **How long will it take my child to learn how to swim?**

We do not believe there is any set timeline or even set of skills that define a child as having learned how to swim. Swimming is a lifelong skill that can always be improved upon. The YMCA uses a developmental series of steps in a natural progression working towards mastering the following skills: water adjustment, buoyancy, body position, arm and leg development, forward movement and ending with stroke technique. In general, each child's readiness is influenced by physical development, previous experiences and behavioral maturity. The rate at which a child succeeds is based on their individual development in addition to time spent working on skills outside of class.\*

*\*As a reminder, if you are planning on spending time in our pool before or after your scheduled lesson, you must be a YMCA member. Program Participants are welcome to purchase a day pass at any time.*

### **Is my child in the right level?**

Every swim lesson session, we evaluate each child to ensure proper class set-up. Sometimes classes will have students of mixed ability. The instructor will modify each swimming skill so that they best teach each child.

### **Why do I see my child playing or sitting on the side when they should be learning how to swim?**

We pride ourselves in teaching the basic building blocks of swimming through additional components including: character development, water safety, and water sports & games. We see play as an important part of learning for children. Through games your child will gain considerable knowledge and skill development by staying engaged. We also set aside time to discuss and incorporate our character values: caring, respect, honesty and responsibility. Our goal is to develop a well-rounded swimmer, not just one with perfect technique.

### **Why does my child wear floatation when they can swim on their own?**

We use instructional floatation devices (IFDs) as teaching tools to help children focus on mastering arm and leg movement. Using IFDs gives our swimmers the freedom to concentrate on their specific stroke development without having to maintain their own floatation.

### **Why does my child work on the same thing every day?**

Repetition is the key to learning for most children. Repeating skills gives children something to look forward to. Swim Lesson participants also feel a greater sense of success by mastering a skill they have been practicing.

### **What do I do if my child is crying or won't get in the water?**

Rest assured that it is not unusual to see tears and hear crying. Most often children experience fear due to separation anxiety or the overwhelming feeling caused by the pool environment. We ask that you trust our staff in helping your child overcome their fear. We encourage apprehensive children to continue attending swim lessons in that they may actually regress if they do not actively participate in class. The more often your child is active in the water, the less chance they will have of developing an irreversible fear of swimming. Please understand that if your child continues having difficulty adjusting to swim lessons, we may ask that you step out of sight so they can build a relationship with their instructor.

### **What can I do to ensure my child will learn to swim and pass their level?**

We do not establish passing or failing a level as the definition of success. We consider learning to swim as a never ending process and as a chance to help encourage motor, language, social skills and emotional development therefore we do not confine children to a single swim level. The rate at which a child progresses is largely based on the amount of time spent working on skills. We want to make sure that we give our swimmers the greatest chance of continuing swimming successfully. The best and most appropriate role a swim lesson parent can pursue is practicing and playing in the water with your child as often as you can. Attending class on a regular basis is necessary to your child's progress. Exercise patience and understand the importance of not expecting your child to succeed before they are ready. Respect your child's abilities and qualities, and do not compare them to siblings or other children.