



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Frequently Asked Questions- COVID

Which level is best for my child?

For non swimmers, uncomfortable in the water, don't like to submerge/get their face wet and beginner swimmers, it is best that you place them in the Stage level 1 classes depending upon their age and confidence level. If you feel that your child may be at a higher level because he or she has been in another swim program or aged a year or two, you may contact the Aquatics department for guidance. All swim programs are different so when we evaluate we always try to place children where they will be challenged, but not overwhelmed.

Do I need to be in the water with my child?

During COVID parents will be in the water to assist their child with swim skills with youth enrolled in Stage A/B, Preschool Stage 1 – 3 and School Age Stage 1 -2. Our instructors are teaching on the deck or demonstrating in the water. For School age stages 3 – 6 one parent may observe on deck or remain on the YMCA property with youth age 12 and younger.

When is registration and what do I do if the class I want is full?

-Registration is usually 1-2 weeks before the start date of the next session. Register in person if you are a non-member who needs to acquire a Program membership. If you have current Y membership you may also register over the phone with a valid credit card, or online with a valid credit card and valid e-mail that is attached to the participant's Y account.

-Please register early due to limited capacity. Select an alternate day and time option in mind before going to register.

-If your choices are not available, your child can be put on the waiting list for that particular class if he/she is at least a program member of the Y. If not, you can leave your name, number, and class time you are interested for the Aquatics department and they will make every effort to accommodate your needs. Our suggestion is to pick a second class time and register.

What supplies does my child bring/wear to classes?

Your child just needs to be prepared with a swimsuit and towel. Goggles are optional and not encouraged for lower Stage swimmers so they may adjust to getting their face wet. Long hair should be tied back and Band-Aids and gum should be removed.

Diapers- Disposable or reusable Swim diapers must be worn and have a bathing suit or vinyl/rubber pants over top that has tight-fitting legs and waistband to contain any accidents till the child can be removed from the water. Please ensure that a clean Swim diaper is on prior to swimming the pool.

What are some things we should do the first day of class?

- Please take your child to the bathroom before they come to class.
- Shower with your bathing suit on in the locker room prior to coming to the pool deck
- Food, drinks and glass containers are not permitted in the locker room or pool areas.
- Sit in the designated bleacher area, with your child until the instructor calls their name and invites you to the pool edge.



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- Inform child's instructor of any **limitations** they may have that could affect the class experience before class begins- ie. Hearing loss, seizures, learning challenges, etc
- **Open wounds and contagious diseases** are reasons to keep your child out of the pool until healed well. **Diarrhea**- If you have been ill with diarrhea please wait to swim for seven (7) days after your last "episode" to prevent disease transmission.
- **Shoes** – wear flip flops/sandals in the locker room, shower, and getting to the pool. Please come onto the pool deck with bare feet, or with clean shoes that were not worn outside. Shoe covers are available to place over shoes worn outside. This helps to keep deck clean and free from diseases.
- **Locker Room** - Please have boys and girls 6 and over use respective locker room on first floor. Boys and girls 5 and under may use the women's or men's Family Locker room with guardian.

How many sessions does it take to pass from one level to the next?

-YMCA Swim Lessons are designed to take 3-6 sessions to progress from one Stage to another. Some children will require more or less time in a stage. We expect each child to learn and progress at his or her own rate. A child is advanced to the next Stage only when he or she can proficiently and safely perform the skills within his or her stage and will be passed up by the Instructor.

-Certificates are handed out the last week of classes, so parents may see what skills children have been working on and what skills need improvement before they are ready to move to the next Stage.

-Remember to encourage your child without placing undo pressure on them to "pass". The more your child practices swimming the better they become. Give them the opportunity to enjoy the water with their family during Family swim times (for Facility members). Swimming is like any other learned activity: practice is important.

What do I do if my child cries or is misbehaving? Should I withdraw him/her from the lesson or program?

-The instructor is equipped to handle many different situations ranging from scared and upset children to misbehaving or children not paying attention. We use teachable moments and pool rules and safety skills to help ease each situation.

-Many children cry for the first couple weeks and it usually stops. Kids cry and they do for many reasons, fear, anxiety, and a new environment. Very often small children can not express themselves any other way. Do not be embarrassed by your child's reaction.

-As far as behavior, the instructors and swimmers only have a short time together to develop a relationship. Please let the instructor handle discipline unless there is a technique that works well with your child to keep them focused. Sometimes, an instructor will let some kids play a little because they already have a skill another child is struggling with. If you don't think your child is being challenged, please speak to the instructor after class.

Who should I speak with for questions or concerns?

All questions should be directed to the Aquatics department at (856)691-0030 extension 112.
