

- **What curriculum do you use?**

We use the YMCAv6 Swim Lesson curriculum. We strongly believe that skills develop best through self-reliance, repetition and practice. While we do not rely on flotation devices such as bubble belts, we do utilize training aids such as noodles and kickboards.

- **How do I know which level to register my child for?**

If this is your child's first time taking Swim Lessons you should use our "What Lesson Should I register for?" flow chart located on the Youth Swimming portion of our website, or stop by the front desk. If your child is currently taking lessons with us they will receive a Recommendation Card from their instructor on the 6th week of class indicating which level to register for.

- **Can I register over the phone?**

Registration for swim lessons may be taken over the phone with a credit card provided that your child has a current participant form on file and there is a staff member available to assist you.

- **What should I do if the class I want is full?**

Add your swimmer to our waiting list. Whenever possible we will create new classes or increase class size by adding an instructor.

- **What are the benefits of joining a waiting list?**

You will automatically be enrolled if space becomes available. You will receive 24 hours advance notice if a new class is added. Indicating your availability also helps us better plan future classes.

- **How many students will be in my child's class?**

We allow a maximum of 8 students per instructor— 6 students for preschool classes. We may add an aide allowing us to increase a class size by 2. We allow up to 8 students in our Parent-Child class since students are one-on-one with a parent.

- **Who are the swim instructors?**

All of our instructors are certified swim instructors, and most are also lifeguards!

- **Will there be a Lifeguard on Duty during the swim lesson?**

In addition to our instructors, each pool will have a designated lifeguard on duty during your child's lesson. Exception is made when a swimmer is one-on-one with an instructor who is currently a certified lifeguard.

- **What temperature are the pools?**

Our Therapy Pool is 90°F, Lap Pool is 81°F.

- **What do students need to bring to lessons?**

Swimmers need to have on an appropriate bathing suit and bring a towel; goggles and swim caps are optional. Children with hair down to their shoulders need to have it pulled back or wear a swim cap.

- **How early should we arrive?**

We recommend you arrive at the YMCA at least 10 minutes before the start of the lesson—15 minutes for preschoolers. This allows time for your child to change, shower and meet the instructor on the pool deck before class begins.

- **Where should my child meet their instructor for swim lessons?**

Classes that swim in the Therapy Pool will meet under the "Fish" tiles next to the shallow end of the pool. For lessons in the Lap Pool, classes will gather on the benches, or the deck under the lobby windows by the deep end of the pool.

- **Why do classes spend time on the pool deck talking before swimming?**

All class days include a brief talk about safe practices in and around aquatic environments. Sometimes these chats include an activity such as saying "hi" to the lifeguards, putting on a life jacket, or practicing reaching and throwing assists.

- **Where can I watch my child's lesson from?**

We ask that parents and guardians observe swim lessons from our second floor Observation Deck which can be accessed from the main lobby or the natatorium. This will give you a "bird's eye view" of your child's lesson while supporting swimmers in staying focused on the instructor.

- **If my child misses a lesson can they make up the class?**

We do not conduct makeup classes on an individual basis. However, if a class is cancelled due to weather or pool issues, we will do our best

to reschedule the missed class. Participants will be notified by the Aquatics Department if a makeup class is scheduled.

- **If my child is sick should they still come to class?**

No. We always want to see your child attending lessons but when they are sick that puts others at risk of getting sick too. Cold, flu and stomach illness can spread to fellow students as well as other YMCA patrons and staff. For the health of our YMCA, please keep your child home when ill.

- **What if my child doesn't like swimming lessons?**

Swimming, like many activities, can generate anxiety in some children. This anxiety may be most evident on the first day of lessons, that's why we schedule multi-week sessions. As your child progresses their anxiety should lessen—time, familiarity and consistency ease the anxiety. You can help your child through this period by bringing them to our family swim times. The opportunity to use the pool on "their terms" often helps. Play is a terrific teaching aid!

- **How long will it take for my child to become "water safe"?**

Every child is unique and develops at his or her own pace. Babies and toddlers who have had positive water experiences early tend to progress quickly because they have not developed a fear of the water. Keeping this in mind, the younger they get started the sooner they will become safe and happy swimmers. Learning to swim is not a skill that you learn in just a few lessons, it requires time and practice. We recommend making swimming part of your family's weekly activities, year round!

- **Why is my child in not progressing to the next level?**

Our curriculum requires mastery of certain skills before moving on to the next level. Your child will receive a progress report at the end of each session that outlines their progress. It is very common for swimmers to remain at the same

level for several sessions as they practice these skills.

- **When should my child stop taking swimming lessons?**

This really depends on you and your child's goals—whether it be to gain comfort in the water, pass the deep-water test or join the swim team. Our swim lessons are geared to take children from 6 months all the way up to our Bluefish swim team. We love to see our swimmers move on and compete in swimming at the team level. It's truly a lifetime activity!

- **Do you offer private swim lessons?**

Yes, we offer goal-oriented and customizable lessons that provide a one-on-one experience with an instructor. Private lessons are subject to pool and instructor availability. To schedule a private lesson please stop by our front desk.

**Further questions or concerns can be directed to our aquatics staff.**

**We look forward to teaching your kids to swim!**

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