



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Frequently Asked Questions

### Which level is best for my child?

For beginner swimmers, it is best that you place them in the beginner level 1 classes depending upon their age and confidence level. If you feel that your child maybe at a higher level because he or she has been in another swim program or aged a year or two, you may contact the Instructional Coordinator and schedule a free swim evaluation. 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?

Only if you are enrolled in the Parent/Child or Pike-with-Parent class. For all other classes, the parent/guardian must remain in the YMCA facility.

#### **Things to consider before putting your child in by him/herself**

- \*Is my child comfortable in water over their head?
- \*Has my child been in instructional situations without me?
- \*Will they be willing to work with a "stranger"?
- \*Will they follow instructions and cooperate with the instructor?
- \*Will they be able to sit and wait their turn?

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

Registration is usually 2-3 weeks before the start date of the next session. You may register in person (only options if you are a non-member), over the phone with a valid credit card, or online with a valid credit card and e-mail that is attached to the participants account. Please have several day and time options 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 Instructional Coordinator 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 but we do encourage children to wear them. Long hair should be tied back and Band-Aids and gum should be removed.

**Diapers-** Disposable swim diapers should 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 diaper is on prior to swimming the pool.

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

- Please take your child to the bathroom before they come to class.
- Food, drinks and glass containers are not permitted in the locker room or pool areas.
- Stay with your child until the instructor calls their name and takes them to the pool edge.
- Inform child's instructor of any limitations they may have that could affect the class experience before class begins



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- 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** - Please come onto the pool deck with bare feet, deck shoes that are worn inside only or place blue booties over your shoes. 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.

### **Can I pick my child's instructor?**

Only if you sign up for private or semi-private swim lessons. Instructors for group lessons are chosen by the Aquatic Director.

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### **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 level to another. Some children will require more or less time in a level. We expect each child to learn and progress at his or her own rate. A child is advanced to the next level only when he or she can proficiently and safely perform the skills within his or her level 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 level.

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 recreational swims. 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 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 few 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.

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