



## **WELCOME TO THE BR RYALL YMCA SWIM LESSONS PROGRAM!**

For over 150 years, the YMCA has been at the forefront of Aquatics. More people have learned to swim through the YMCA than any other organization. Our swimming lesson program is world renown, and we are excited about how our instructors have made positive improvements to our swim program. Today at our YMCA, our swim instructors don't just learn what to teach; they are taken into clear guidance in how to teach students of all ages and types. We believe that creating a safe and fun learning environment leads to true progress for all our swimming students! Our instructors will be teaching your kids to become smarter, happier kids who are confident both inside and outside the pool.

Additionally, our instructors are certified in CPR, AED, First Aid, and they also take child abuse training. We expect our staff to always display and teach our 4 core values of Caring, Honesty, Respect, and Responsibility. We also provide certified lifeguards to always ensure safety.

### **ABOUT THE PROGRAM**

The swim lesson program is set up in a progressive manner. Each stage is built upon each other to allow the students to grow their skills and technique each step of the way. The program is broken up into 6 different classes; Parent and Child, Stage 1/2, Stage 3, Stage 4, Stage 5 and Stage 6 and Teen/Adult.

We offer two additional recreational swim programs: Stage 7 – Jr. Lifeguard; Stage 7 – Aquatic Conditioning

### **Certificate of Achievement**

At the end of each month, you will receive a certificate that will detail if your child passed to the next stage as well as what they achieved and what to work on.



### **Instructor to Child Ratios**

To provide the best possible environment for all children, the YMCA has set ratio recommendations for our swim lesson program. We work to maintain this best practice at all times. We reserve the right to limit the number of children we serve to maintain the safety of all children.

<b>Category and Age Range</b>	<b>Classes Offered</b>	<b>Ratio based off 1 instructor</b>
Parent / Child 6 months – 3 years	Stage A/B	8-10
Youth 3-12	Stages 1 /2, 3, 4, 5, 6	4-8
Teen / Adult 13 years and Older	Beginner Class	4-10

### **Goggles**

It is important for your child to be comfortable both without goggles and with goggles. When using goggles, they must use goggles that go only over the eyes. The ones that cover the nose do not help children learn breath control as well as what to do if they get water in their nose.

### **Promises**

Please do not promise your children anything that the instructor cannot keep. Progression is made by practicing skills that sometimes are uncomfortable. Our suggestion is to praise them by encouraging them to try during class and they will receive something (toy, treat, book etc..) after class. All students learn at a different pace.



## **REGISTRATION INFORMATION**

### **Monthly Swim Lesson**

For our one day a week classes we run lessons so that participants have 4 lessons a month; if there is a conflict in the schedule such as holidays the lesson will be prorated as needed. Depending on the time of the year we do offer other options such as twice a week for 2 weeks, and 4 days a week for 1 week.

#### **Dates we will not have swim lessons:**

New Years Day

Easter

Memorial Day

July 4th

Labor Day

Thanksgiving

Christmas Eve

Christmas

New Years Eve

#### **Payment**

If you do not pay at the time of registration, you will be drafted on the 15th of the Month prior to the month you start classes. At this time your class is set. To get a full refund you must cancel class before the 14th of Month prior. If your payment is returned you will have 24 hours based off of when we are notified. If you do not make the payment, you forfeit your spot.

#### **Make-ups**

We will try our best to accommodate one make-up class per session when you have to miss a class. However, if certain classes are full, we may not be able to find an open spot for a make-up. Make up classes must be scheduled within the same session.

We will do our best to provide a make-up lesson if we must cancel a class due to circumstances out of our control (I.e., weather and contamination). If we are able, we will run the make-up class on another day and time based on our schedule. If we are not able to do this, you will receive a credit for the missed class. If a class meets more than half of its scheduled time it will not be made up.



### **Waitlist Registration**

If a class is full you are encouraged to sign up on the waitlist. Waitlisted spots will open when a number of different circumstances occur. Waitlisted slots may open up when another participant cancels their registration, a participant graduates to a new level or if the number of waitlisted individuals, and pool space, allows for an additional class to open. If you are moved from the waitlist you will receive a phone call to confirm that you have been moved into a class.

### **Refunds/Credits**

Credits and Refunds occur in a case-by-case situation. If you are not able to complete the month, you must contact the Aquatics Director as soon as possible. If any refund/credit is given, it will be based on how many classes are left from the time you contacted the Aquatics Director. If approved a credit is applied to your YMCA account that can be used for programming at a later date. Not all refunds are guaranteed, and the Aquatics Director will give final approval. A fee of \$5 may be reserved if you drop out of a future month's registration.

### **Locker room use**

It is highly recommended you come in your swim attire to limit overcrowding in the locker rooms. Please use the family changing rooms for pre or post swim lesson changing and showering.

### **Emergency Procedures**

We have specific procedures in place for many types of emergencies. The instructor's priority is to always make sure their students are safe and accounted for. A few you should be aware of are:

#### **In the event of a Fire/evacuation**

All children will be taken out of the building through the emergency exit on the pool deck and will gather at our designated spot outside. You can meet or walk with your child to that location and take them once they are safe and you check out with the deck manager and/or swim instructor. The participants must remain with their instructor until checked out by parent/guardian after evacuation.

#### **In the event of a Tornado**

All children will be taken to the designated area. During these times, staff are trained to stay calm and keep the children calm by singing songs and playing games. You can meet your child at this location and take them once you have checked out with deck manager and/or swim instructor. We cannot guarantee children will be in the appropriate gender locker rooms.



## **OTHER IMPORTANT INFORMATION**

### **Behavior Management**

We are here to help your children have a good time and learn to swim. Please let the instructor and/or the Deck Manager know of any pertinent information to ensure your child has the best lesson possible. In some cases, we may have to help a child make good choices and ensure they are using our Core Values: Caring, Honesty, Respect, and Responsibility. In these situations: We use redirection and positive reinforcement. We talk to the children at their level, both verbally and physically. When a child has been told at least three times about a behavior and still refuses to comply, we may separate your child from the group to address the issue. Staff will ensure that the child understands what they have done wrong and how they can correct their behavior. Separation time will be appropriate to age/developmental level of each child.

**Physical discipline of any kind will never be used or tolerated.**

### **Crying Child**

If a child is upset and crying during a swim lesson, staff will make every effort to calm and comfort the child and help them acclimate to the aquatic environment. After 10 minutes of crying, the staff may locate the parent to assist in calming the child. Parents may attempt to leave the child a second time, but if crying persists for another 10 minutes, a parent may be called to pick up the child. At this time a discussion of options will occur with the supervisor.

### **Diverse Abilities**

Children with any type of special needs are welcome in our swim lesson program and our staff will make every effort to accommodate the child's needs. Parents are asked to clearly communicate any special circumstances or accommodations that their child needs prior to the swim lesson. Parent/Guardian may be asked to be in the water to assist during class.

### **Diapering and Potty Breaks**

If your child is not potty trained, we ask that he/she wears a swim diaper PLUS tight fitting swim suit over the swim diaper. If your child needs to potty at any time during the lesson, the supervisor or YMCA staff will attempt to find you. If our instructor must take a child they will need to go in 3's. We must stay in ratio so this could lead to the entire class going. We will use the family locker rooms and wait outside the door while they use it. Please take your child to the restroom before class.



## **STAYING CONNECTED**

### **Job opportunity:**

Do you know anyone who needs a part time job? We are looking for lifeguards (16 and up) or swim instructors. Talk to the Aquatics Director for more details or check out our job posting on our YMCA website.

### **Questions:**

We would love to answer any questions or concerns you may have. Please ask your swim instructor or member of the Aquatics Leadership team.