

# **Y**SWIM LESSONS™ **Manual**

We build strong kids, strong families, strong communities.

## **Welcome to East Lake Family YMCA Swim Lessons!**

The East Lake YMCA Swim Lesson program covers a variety of curriculum including swim strokes, water safety, boating safety, water games, and even some synchronized swimming! All of these elements work to increase strength, agility, and coordination both in and out of the water. Children will spend a considerable amount of time working on the actual swimming skills, but they will also learn about water safety rules, what to do in an emergency, introductory rescue skills, and much more! In this brochure you will find detailed information on how the classes will run, as well as answers to any questions that you may have. Once again, thanks for the opportunity to help your children grow, and welcome to our family!

## **Class Procedures**

On the first day of class, all students will be tested for initial skills. This initial test will be recorded on a progress report that the instructors will give to you to keep. With this report, parents can see what skills their child already has mastered, as well as exactly what we will be teaching during the session. A final skill assessment will be conducted on the last day of class and recorded on the same progress report so that parents can see their child's progress over the course of the session. This report will also let you know if your child should remain in the same class for their next session or if they are ready to move to the next level.

All other classes will consist of verbal review of safety material, swimming and water skills, and a skill building game for the last few minutes. This class format will always be followed, except for in the event of inclement weather.

We do ask that parents only be on the pool deck on the first day of class. Children are typically too distracted when parents are around! Please feel free to observe from the lounge area outside the glass.

## **Inclement Weather**

Please note that the pool does close for thunder or lightning. Even though we have an indoor facility, the National YMCA and the National Lightning Safety Institute both state that indoor or outdoor pools must be closed for 30 minutes after the last thunder or lightning strike. This is a policy that we must follow, and you must be prepared for in entering this class. Do not be discouraged, however, because **even when the pool is closed CLASS WILL NOT BE CANCELLED!** We will take this time as an opportunity to move to a classroom upstairs and really concentrate on water safety, boating safety, and emergency skills. Students and parents alike seem to enjoy this classroom time, and it keeps us from having to miss a class. Because of this new procedure, there will be no make-up classes for inclement weather unless notified otherwise.

All children will be required to wear a proper swimsuit: no cut-offs, t-shirts, etc. Street clothes can damage the pool pump and make our pool dirtier! Also, if your child is under the age of \_\_\_ he/she must be wearing a fitted swim diaper. The pool must shut down for every accident, so we must adhere strictly to this rule.

## **Make-Up Classes**

Please be aware that in implementing the classroom time, no make-up classes will be offered for bad weather or for pool accident unless you are otherwise informed. This could only change if more than 2 pool sessions are missed. Also be aware that the YMCA cannot offer make-ups for classes missed due to family vacation, illness, etc. If you miss class, unfortunately we cannot compensate for your missed class. We are very sorry for any inconvenience that this may cause you, and we thank you for your patience!

## **Closing**

We hope that you and your child will enjoy participating in our swim lesson program. Please let us know if you have any questions or concerns throughout the session. You may speak with your child's instructor or contact our program director, Camille Crisp. We look forward to a great session with you and your child!