

# North Austin YMCA

## Swim Lesson Information Letter

Welcome to the City of Austin/YMCA North Austin Community Recreation Center Swim Lesson Program. Our instructors are ready and anxious to begin our new session! Please take some time to read the following information so you are familiar with our program and policies.

### General Information:

The purpose of the YMCA Swim Lesson Program is to develop competency in swimming, along with confidence in and around the water. A participant is advanced to the next level only when he or she can proficiently and safely perform the skills within the current level. We expect participants to learn and progress at their own rate. Therefore, do not be discouraged if you or your child does not complete all the skills within his or her level during any one session. We want every participant to feel 100% comfortable at their current level before advancing to the next. At the end of each session, your instructor will provide a progress report letting you know which class/level to sign up for next.

### Program Levels and Objectives:

In the YMCA Swim Lesson Program participants are taught not only swimming skills, but also skills that will allow them to enjoy aquatic activities throughout their lives. These include personal safety, survival skills, rescue skills, water sports and games. We offer pre-school level classes for children ages 3-5, school age level classes for children ages 6-13, adult classes and swim league.

### Prepare:

In order to help you or your child gain full benefits from class, let us offer a few helpful hints:

1. Prior to your child's lesson, remind him or her to use the restroom and to take a shower. If your child is not able to use the restroom on his/her own, a parent must stay on the pool deck during lessons to take the child to the restroom as needed.
2. If your child is not potty-trained, they **MUST** have on a swim diaper. If you do not have one, please let your instructor know and they will provide one.
3. Before class, plan a meeting place for you and your child. We prefer by the locker room doors.
4. If children are under the age of 10 years old, parents will need to come in to the YMCA with them to drop them off and to pick them up. This ensures the safety of your child before and after class.
5. Be on deck and ready for swim lessons **no more** than ten minutes before the lesson is scheduled to begin. If you are leaving the pool deck during the lesson please return promptly at the end of the lesson to pick up your child.

6. Please do not allow your child in the pool before his/her lesson begins. This is a distraction for lessons that are already being conducted. If there is availability for open swim after your child's lesson, but he/she cannot swim, a parent must be in the pool within arm's reach of the child.

7. Please be sure to tie back your child's hair to keep it from getting in their face during lessons.

8. Parents on or near the poolside can be a distraction and can hinder the learning ability of not only their child, but the other children in the class. Parents should find a seat on the wall in the pool area or on one of the benches. Parents are also welcome to access other parts of the facility during the swim lesson, as long as the instructor knows where the parent will be in case they are needed.

9. We are unable to provide make-up classes if your child has to miss a lesson for personal reasons (sickness, out of town, school, etc). If you have individual questions or situations, please speak with the Aquatics Director and exceptions may be made on a case by case basis.

10. Proper swim attire should be worn during lessons. This includes swim trunks for men/boys and a swim suit with liner for women/girls. Cotton t-shirts and street clothes are not allowed in the pools or hot tub. If you need to wear a shirt, please wear a swim shirt, such as a rash guard, that is designed specifically for the water.

### Health and Safety:

To ensure a rewarding experience for you or your child, it is helpful if the instructor is aware of any medical or physical handicaps. Participants with infections, such as strep, chicken pox, or pink eye may NOT enter the pool. Please do not bring your child to swim lesson if they are ill, have a fever, vomiting, have or have had diarrhea within the last 24 hours. Participants with open wounds will not be permitted in the water.

### Communications:

If there are concerns with your swim lesson, please talk with the instructor first. If there is an issue that you feel you cannot discuss or resolve with the instructor, please feel free to contact the Aquatics Director.

Thank you for taking the time to read this information. If you have any additional questions or concerns, please feel free to contact your swim instructor or the Aquatics Director. Thanks you for choosing the City of Austin/YMCA North Austin Community Recreation Center for your swim lesson experience!

Sincerely,

Megan Early

Aquatics/Sports Director

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