

YMCA OF CENTRAL KENTUCKY

SWIM LESSON FAQs

ITEMS NEEDED

- Swimsuit
- Towel
- Goggles are recommended but not required (We recommend goggles with clear lens as it is easier to see under the water for new swimmers)

If your swimmer is not potty trained, they are required to wear a swim diaper. All other items your instructor will provide.

FIRST DAY EXPECTATIONS

Please make sure that all children come dressed and ready to get in the water at least 5 minutes before their class start time. When you enter the facility please stop by the Welcome Center to check-in. Staff will help you find the locker rooms if you need assistance. The instructors will evaluate the participants' swimming ability during the first class. If the participant needs to move up or down a level the instructor will notify the supervisor. We will work with the parent/guardian to change to the appropriate class if it is available. If the swimmer is registered for the A/ Water Discovery and B/ Water Exploration a parent/guardian will need to be in the water for all swim lessons.

DURING SWIM LESSONS

We encourage you to get to know the instructors. If you have any specific questions about your swimmer's abilities, the instructor will be glad to talk before or after class. Please keep this brief though, as they have classes before and after yours.

VIEWING SWIM LESSONS

All parents/guardians are encouraged to watch the swim lessons. We ask all spectators to stay at least 10 ft away from the pool. You may sit on the benches on the pool deck or view from the viewing windows. If you are viewing, please remain seated quietly. You may also wait in the lobby or use other areas in the facility, if you are a YMCA member. Keeping a distance from the class area removes additional distractions. If your presence is distracting, the instructor or supervisor may ask you to wait outside the pool area to maximize the participant's learning process and not interfere with the class.

CERTIFICATE OF ACHIEVEMENT

Each swimmer receives a Certificate of Achievement during the last lesson. It will give you information on what was accomplished in the session and the next stage to register your swimmer. Skills are evaluated periodically throughout the session, as we do not have a specific "test" day. If you have any questions, please speak with your instructor. They will be able to provide feedback through the session.

LEVEL PROGRESSION

Children progress at their own speed, and a swimmer could remain at the same level for a complete year of classes, even with perfect attendance. A child's self-esteem and confidence, as well as skill and strength development are all important aspects determining the progression to the next level.

SUBSTITUTE INSTRUCTORS

We try very hard to keep consistency with instructors throughout the session. This helps participants to gain trust and a connection with their instructors. Sometimes instructors will need to miss a class and there will be a substitute instructor. We try to keep the number of substitutes that one class has to a minimum each session.

MAKE-UP POLICY

There are no make-ups for missed classes, whether the swimmer is sick, out of town, unable to attend, or lessons are cancelled due to inclement weather. Due to instructor/participant ratio requirements, it is not an option to attend a class at another time slot in place of a missed class.

WEATHER POLICY

If there is lightning within 10 miles, or thunder is heard, there will be immediate closure of the pool deck for no less than 30 minutes from the last lightning strike or sound of thunder. We do not make-up or refund swim lessons due to inclement weather. Staff will make all efforts to reach out if the pool is closed due to weather during their swim lesson.

OPEN SWIM

If you are members of the YMCA, your swimmer can practice their skills before or after class if open swim is available. The swim band policy must be followed and any red band swimmers will be required to wear a life jacket and have a supervising adult in the water with them.