



Swim Lesson Parent Frequently Asked Questions

Welcome to YMCA Swim Lessons: Safe Swimmer Start Here!

Arrival Time: It is important to be on the pool deck and ready to go 5 minutes before your class time. Children can get anxious if hurried. Please allow plenty of time before class to get dressed, use the restroom, etc. For safety reasons, please do not let children sit poolside unless the instructor is present at the wall.

Swimming Accessories:

Swim Caps – If your child is prone to chill, a swim cap may help. We welcome and encourage this. For swimmers with long hair, we ask that it be tied back and away from the face with a rubber band so it does not interfere with learning to breath.

Goggles – For the beginner swimmer, goggles can present a false sense of safety. If your swimmer feels that they need goggles, they may bring them however, for safety reasons a portion of the lessons will be spent encouraging participants to be comfortable without goggles.

Cancellation/Sick Policy:

Children who have been ill should be kept at home. This is in the best interest of their health as well as the health of other class participants and the instructor. Unfortunately, non-attendance for any reason does not entitle you to a refund or a make-up class. We will make every attempt to offer a make-up class if the YMCA must cancel a lesson. Unfortunately, alternate make-up classes cannot be offered, nor does non-attendance to a make-up class entitle you to a refund.

Bathroom Use:

We encourage all participants to arrive early enough to use the restroom before class begins. For all participants who are not potty trained, we require the use of a swim diaper in the pool. For children who are not comfortable using the restroom on their own, we ask that you remain in the observation area in the event that your child needs to use the restroom. As a reminder, children over the age of 6 cannot use the opposite sex locker room. For sanitary reasons, please do not change diapers on the pool deck.

Electronic Devices:

For the safety and privacy of all our participants, families are only permitted to take pictures of their child in a swim class. You are more than welcome to come on deck to take pictures of your child. Cameras and cell phones are not permitted in the locker rooms for any reason, except when they are turned off and stored.

Registration for next session:

Progress reports will be issued the last week of class. It is not unusual for a swimmer to need to repeat a level more than once because swimming is progressive. All skills must be achieved for a given level before a child can progress to the next level. Member registration begins the second Monday of the session. Member registration opens an average of one and a half weeks before non-member registration. Classes can fill up fast, particularly in popular time slots, so register early. You may register online or at the Member Service Desk.

Why does my child work on the same thing every class?

Repetition is the key to learning for most young children. Repeating games and skills give children something to look forward to. Swim Lesson participants also feel a greater sense of success by mastering a skill they have been replicating.

What do I do if my child is crying or won't get in the water?

Rest assured that it is not unusual to see tears and hear crying. Most often children experience fear due to separation anxiety or the overwhelming feeling caused by the pool environment. We ask that you trust our staff in helping your child overcome their fear. We encourage apprehensive children to continue attending swim lesson in that they may actually regress if they do not actively participate in the class. The more often your child is active in the water, the less chance they have of developing an irreversible fear of swimming. Please understand that if your child continues to have difficulty adjusting to swimming lessons, we may ask that you step out of the pool so they can build a relationship with their instructor.

Any other questions? Please contact the Aquatics Director at your local Y.