

Avalon Park YMCA Swim Lesson Parent Handbook



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YMCA Swim Lesson History & Structure

For more than 110 years the YMCA has been a leader in aquatics and water safety. The first YMCA swimming pool was built in 1885, and the first YMCA lifesaving corps began in 1904, so aquatics has been a part of the Y from early in its history.

There are 6 components to YMCA Swim Lessons: Personal Safety, Personal Growth, Water Orientation/Adjustment, Stroke Development, Water Games & Sports and Rescue. Through YMCA Swim Lessons we not only build strong swimmers, but we build strong kids with good self-esteem, self-reliance, character and life skills.

YMCA Swim Lesson Ages & Levels – See attached descriptions

Parent-Child – Ages 6-36 months (25 minute class; 1:12 ratio)

Pre-School – Ages 3 – 5 years old (30 minute class; 1:6 ratio)

- Pike
- Eel
- Ray
- Starfish

Youth – Ages 6 – 11 years old (45 minute class; 1:8 ratio)

- Polliwog
- Guppy
- Minnow
- Fish
- Flying Fish
- Shark

Swim Lesson Instructors

All YMCA Swim Lesson Instructors have been certified through the YMCA of the USA to teach Swim Lessons at a variety of levels (Parent-Child, Pre-School & Youth) and are CPR/AED certified & First Aid Certified. Most instructor are also Lifeguard certified. A certified lifeguard will always be present at your Swim Lessons. All YMCA employees are also fingerprinted and drug tested before employment.

Your Role as a Parent

At the YMCA, we definitely encourage parents supporting their child throughout the swim lesson. We love clapping and encouragement. We do ask, however, for the success of your child and the other children in the class, that you do sit away from the pool and keep your “coaching” to a minimum. When a child is hearing instruction from both their teacher and parent it can become confusing. Please help your child practice over the weekends. The more they practice, the more successful they will become!

Rain-Outs

Please do not contact the YMCA more than 15 minutes prior to your lesson to see if your lesson has been cancelled. Due to the nature of Florida weather, it is important that we try our very best to hold every class and not cancel too early. The YMCA will always teach unless it is raining so hard we cannot see the bottom of the pool or it is thundering/lightening. We will do our best to contact you if we know ahead of time that we are cancelling a class, however we do not always have time to contact each participant.

Make-up Classes

The YMCA will only make-up classes that we cancelled. If you have to miss a class for personal reasons or illness, or miss a make-up class, we do not offer alternate make-up times. Most make-up classes will be taught on Fridays (so plan each week to be available Monday-Friday). If we are unable to teach the 8 classes we will issue a letter of credit for the cancelled classes that may be used toward the next immediate swim session with availability.

Cancellations & Refunds

Refunds will only be granted for cancellations made at least one week prior to the 1st day of class. Refund requests due to illness will only be granted for participants who miss more than 4 classes due to illness and that are submitted with a Doctor's note. You must submit all refund requests in person to the Avalon Park YMCA Membership Services Desk.

What you need to know about your Swim Lessons Session

Reminder Calls

You will be contacted the weekend before your first session of swim lessons to remind you the time and dates of your class. Sometimes we are unable to reach you by phone or e-mail, so please make a note of your swim lesson date and time in case this happens.

Location of Classes

We utilize the pools of the Avalon Park Subdivision for YMCA Swim Lessons. Each week, we rotate to a different pool so that we do not inconvenience residents more than what is necessary. Please make sure that you are respectful of the residents by cleaning up any trash and putting chairs back to their original locations.

If you are not a resident of the Avalon Park Subdivision (that means you do not pay HOA dues to the Avalon Park HOA) you ARE NOT allowed to use the pools for recreational use before, during or after lessons. Only the child registered for YMCA Swim Lessons may utilize the pool during their designated Swim Lesson time.

Parking

Please make sure that you park along the street facing in the correct and legal direction. Please do not block driveways, curves, mailboxes, etc. DO NOT double park. The roads in Avalon Park are narrow and it is imperative that Emergency Vehicles can get through.

Please be aware that you may be asked to move your car based on the discretion of the YMCA staff or HOA staff.

Please Be On Time & Be Ready to Swim

In order for your child and every participant to get the most out of their swim lesson each day, it is important that your child is ON TIME AND READY TO SWIM at the start of the lesson.

Restroom & Swim Diapers

Please make sure your child has used the restroom prior to class. All children who are not FULLY potty-trained MUST be in a Swim Diaper. Your child WILL NOT be allowed to swim in a regular diaper or without a Swim Diaper if not potty-trained. If a child goes to the bathroom on the pool, this can result in that pool being shut down ALL DAY and classes cancelled so the pool can be shocked for safety purposes.

FREQUENTLY ASKED QUESTIONS

What should my child bring/wear to class?

All children should wear appropriate swimwear to class. T-shirts, loose fitting suits and jewelry are prohibited for your child's safety. Tight swim shirts are okay to protect from the sun. Your child **SHOULD NOT** bring toys, arm floats, life jackets or any other aquatic devices to class unless asked to do so by the instructor. All children with long hair **MUST** have their hair pulled back into a ponytail. All children who are not fully potty-trained **MUST** wear a swim diaper.

Will I need to be in the water with my child?

Only participants in the PARENT-CHILD swim lessons will need to be in the water with their child. All other parents should sit **AWAY** from the pool to observe their child's swim lesson.

Can my other children swim during their siblings swim lesson?

Only Avalon Park Subdivision residents are allowed to use the pools for recreational use. All other Swim Lesson participants & family **MUST** wait out of the pool for their lesson. Please be respectful of this policy as it was very gracious of the residents to allow us to use their pools to teach lessons.

Will you make up my child's class if he/she is sick?

Unfortunately, no - if you miss a class due to illness or personal reasons we are unable to do private make-up sessions. If your child misses more than 4 classes due to illness, you may put in a refund request (accompanied by doctor's note) at the Avalon Park YMCA Membership Services Desk.

Will my child learn to Swim in one session?

Most children take several years to really learn to swim proficiently. We encourage you to keep your child in YMCA Swim Lessons until they can truly swim a variety of strokes the length of the pool. Swim Lessons are more than just "being okay" in the water. It is important for your child's safety that they build endurance and body awareness in the water so they will be safe in a variety of water environments.

Will I get the same instructor each class?

We do our best to keep your child with the same instructor each session. However, when your child progresses to a new level or switches times this may not always be possible.

How do you know my child's level?

The first day of EVERY session, we will swim test each child. This way, we can ensure that they are being taught appropriate skills. You will notice that we will split into two groups during most times. More beginning participants will be with one instructor and the more intermediate to advanced participants will be with another instructor. Each child in the class may be working on different skills based on their level. Do not be surprised if your child is working on different skills than a different child in his/her class.