



SWIM LESSON WELCOME LETTER

DEVELOPING SKILLS FOR A LIFETIME

Dear Parents,

Welcome to the YMCA of Washington County swim lesson program. The benefits of learning to swim go far past developing a life skill. At our Y, the focus is on building the whole child, from the inside out, so kids will learn about the rewards of persistence and courage, all while mastering their swimming skills. Our lesson program also serves as a starting point for developing and supporting a healthy and active lifestyle.



The purpose of YMCA swim lessons is to develop competency in swimming as well as confidence and endurance. We offer different levels from Parent/Child lessons to Stroke Mechanics. These lessons also help incorporate character values such as caring, honesty, respect, and responsibility.

Due to the rapid increase of participants in our swim lesson program we have added this welcome letter for any new and returning swim lesson participant.

Sincerely,
YMCA of Washington County Aquatics Department

Chelsea Stottler, Swim Lesson Instructor • Samantha Van Houten, Aquatics Manager

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Checking in Expectations

Please check-in with the front desk every session upon arrival.
Parents who have children 8 and under must stay in the facility during lessons.

First Day Expectations

When you enter the facility please check-in with the front desk staff. Please make sure that all children come dressed, showered, and ready to get in the water at least 5 minutes before their class start time. At the start of class the instructor/s will introduce themselves. The instructors will evaluate the participants swimming ability. If the participant needs to move up or down a level the instructor will inform the parent, and we can change the student to the appropriate class.

Viewing Swim Lessons

All parents are encouraged to watch the swim lessons, we ask all parents to stay in the bleacher area. Parents may also wait in the lobby or use other YMCA facilities, if you are a member. Keeping a distance from the class area removes additional distractions. If your presence distracts your child, the instructor may ask you to wait outside the pool area to maximize your child's learning process and not interfere with the class.

Level Progression

Children progress at their own speed, and it is common for a swimmer to remain at the same level for multiple sessions, even with perfect attendance. Continuous swim lessons will help with progression of swimmers abilities. 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.

During Swim Lessons

Please make sure your child showers before every class to help keep our pool properly maintained.
We encourage parents to get to know their instructors. If you have any specific questions about your child's abilities, your instructor will be glad to talk with you before or after class. Please keep this brief though, as they have classes before and after yours.

Progress Reports

Each swimmer receives a progress report during the last lesson. It will give you information on what your child has accomplished in their session. Skills are evaluated periodically throughout the session, as we do not have a specific "test" day.

Goggles

If your child would like to wear goggles, we recommend goggles without nose pieces. This encourages proper breathing as they learn to swim. Learning how to breathe through the nose and mouth is very important during swimming.

Refund/Cancellation Policy

The YMCA aquatics department will only credit/refund money due to medical reasons with a doctor note. Any credit/refund made after the start of a session will be prorated at the discretion of the Aquatic Director.

All programs have a minimum enrollment number of 3 participants. Programs with fewer participants may be combined or cancelled. You will have the option of receiving a full refund/credit or switching to another similarly priced program or class, if available, at no extra charge.

Outdoor Pool Closures

The Lifeguards will close the pool if lightning is sighted and for any other situation the lifeguard deems unsafe.

The first time the participants are instructed to leave the pool for weather, classes will be cancelled and we will use the Friday as a make-up day. We may also see if it is an option to use the indoor pool. The safety lecture will be different for every class and will include topics such as never going swimming alone, using lifejackets, or calling 911.

When the pool closes during the lessons we will use the following:

1st time – Safety Lecture or cancelled

2nd time - We will make every effort to make-up the class.

3rd time and beyond - A YMCA system credit will be issued.



Make-Up Policy

If the instructor is unable to have a scheduled class, and can't find another instructor, we will try to hold an extra lesson at the end of the session.