

YWCA Swim Lessons

Guardian Handbook

Welcome to swimming lessons at the YWCA!

We are excited to offer high-quality swimming instruction focused on water safety, skill development, and confidence-building for swimmers ages five to twelve years old.

Lessons- YWCA Swim Lessons are taught in accordance with regulations set forth by the American Red Cross Learn-to-Swim Program. The program is taught and supervised by certified instructors and lifeguards.

Instruction includes eight 45 minutes lessons.

Levels – Please read over each level description to determine where your child should be placed.

- **Tadpole** – Water Adjustment. Objective: To help students feel comfortable in the water and to enjoy the water safely
- **Guppy** – Fundamental Skills/Learning to Swim. Objective: To give students success with fundamental skills
- **Fish** – Stroke Development. Objective: To build on skills in Level 2 through additional guided practice.

Cost - The cost is \$100 per two-week session (8 classes and one parent observation day per session). *Swimming lessons are non-refundable.*

Parent Orientation - Parents/guardians are required to attend orientation at the beginning of their child's session on the first day. For example, if your child is enrolled in Session 1 beginning at 8:00 a.m., you must attend orientation on Monday at 8:00 a.m.

If your child is enrolled in multiple sessions, parents only need to attend orientation once during the first session their child is enrolled in.

Orientation includes Program overview, Drop-off & pick-up procedures, Communication expectations, and Question & answer time.

Swimmers may not participate until a parent/guardian has attended orientation.

What to bring - Each swimmer should arrive at swimming lessons with the following items: Swimsuit, Towel, Goggles (recommended) and Swim cap (if required).

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We ask that you label all items. Items can be kept in a locker inside the dressing room during the lesson.

Arrival & Pick-Up Procedures – Please arrive on time for your session and pick up promptly at the end of the lesson.

Swimmers must be escorted to and from the pool area by a parent/guardian. We ask that parents remain in the pool breezeway or parking lot during the lesson.

Late pick up policy - Children must be picked up promptly at the end of their scheduled swim lesson. If a child is picked up after their lesson end time, a late fee of \$10.00 for the first minute and \$1.00 for each additional minute will be charged.

The late fee must be paid in cash prior to your child's next day of instruction.

Please understand that this policy is not intended to be harsh. Swimming lessons run back-to-back, and instructors begin the next session immediately. As a result, staff members are not available to supervise children beyond their scheduled lesson time.

Safety Procedures and Policies - Safety is our top priority. We ask that all swimmers follow YWCA Swimming pool rules.

The YWCA's certified instructor and lifeguards supervise all lessons. Swimmers must follow instructor directions at all times.

If a swimmer demonstrates unsafe behavior, instructors may remove them from the lesson.

Weather & Cancellations - In the event of severe weather, pool maintenance issues, or facility closure make up lessons will be scheduled as soon as possible. The YWCA will send a notification out via email.

Code of Conduct – The YWCA asks that we receive respectful behavior from all participants and families. Please respect the instructor and staff and follow program procedures and facility rules.

Failure to follow policies may result in removal from the program.

Inclusion & Accessibility – The YWCA supports swimmers of all abilities, backgrounds, and identities. We are committed to creating a safe, inclusive, and respectful environment.

If your swimmer requires accommodations due to a medical condition, disability, sensory sensitivity, behavioral support need, language barrier, or any other consideration, please

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contact us **prior to registration**. Early communication allows our staff to prepare appropriately and provide the best possible experience.

While the YWCA will make a reasonable effort to provide appropriate accommodations, there may be situations where we are unable to safely meet a participant's specific needs within a group lesson setting.

The YWCA reserves the right to deny or discontinue participation if we determine that we cannot provide a safe environment for the swimmer, other participants, or our staff.

Communication - We value open communication! You are welcome to speak with the swimming lesson instructor after class for quick updates. For longer discussions, please come inside the YWCA front office to speak with the office staff.

Photo & Video Policy - For the safety and privacy of all participants we ask that parents only photograph their own child on Parent Observation Day.

Thank you for choosing the YWCA for your child's swimming lessons. We look forward to a safe, fun, and successful session!