



How long will it take to teach my child how to swim?

This is a complex question, just like with any new skill, the speed at which the child learns to swim is dependent on each individual. Each person has their individual strengths and weaknesses. There are many aspects that go into learning to swim. Swimming is a skill that takes a great deal of coordination and will depend on things such as muscle strength, ability to listen and follow directions. Another aspect of learning to swim is the child's comfort level. If a child does not feel safe or comfortable, it might take more time for them to learn. Traditionally, just like any new skill, a child will learn – the more they practice, the more progress they will make. We recommend year-round, once-per-week lessons for steady progress.

What can you expect during the class?

Our classes are taught in the main pool or warm water pool, depending on the level of the class and the availability of pool time. Our group classes are separated by age and skill level. Each student can work on skills pertaining to their ability alongside their peers. Our ratio is 3 students to 1 instructor for our group lessons, but if there is a 4th child added to the class, a 2nd instructor will be added to the class. Parent and child classes are 4 parent/child groups to 1 instructor. We also offer private and semi-private lessons. Our lessons run for 30 minutes except for our Swim Fit, which is 45 minutes.

At what age should I start my child in swimming lessons?

The youngest age we start is parent-child classes at 6 months. Children ages 3 and over can enroll in group lessons. We do encourage an early start with children in swimming lessons because the child tends to become more comfortable in the water. The more comfortable a child is in the water, the easier it is to teach them the skills needed to be water safe. Remember, consistency is key to comfort and progression.

What is an evaluation class and is it required for every age group?

All new participants must be evaluated before enrolling in swim lessons.

- **Exceptions:** Evaluations are not required for Levels A/B and Level 1 (Beginning Levels & Adults)

Evaluations/Trial Classes:

- Sign up for an evaluation online or at the Welcome Center
- There is a \$15 non-refundable evaluation fee
- If the evaluation is canceled, you have 3 months to reschedule
 - After 3 months, the \$15 fee must be paid again to book a new evaluation

Evaluation Class Duration:

- All Group Swim Lessons are 30 minutes
- Swim Fit classes are 45 minutes

Do you offer adult swimming classes? Yes! We have group lessons as well as private lessons for adults. If you are interested in adult lessons, you can reach out to aquaticinfo@wmaymca.org.



How do I register for swim lessons?

Step-By-Step Guide

1. Determine Your Child's Swim Level

- a. Once you've chosen the appropriate level, you'll be ready to create an account and register

2. Create an Online Account

- a. Visit the West Morris Area YMCA website www.wmaymca.org
- b. Click on the "My Account" tab
- c. Follow the link to "Create a New Account."
- d. Choose whether you want to register as a Member or Community Member (Non-Member)
- e. If you are creating an account only for your child, please use your child's name and birthdate, not your own

3. Register for Swim Lessons

- a. Click on the "Swim Lessons" Tab on the website listed under the main "Aquatics" Tab
- b. Scroll down and click the purple "Register for Swim Lessons" box
- c. You'll be taken to a page showing a child in a purple and pink bathing suit
- d. This brings you to the swim level options

4. Select Your Class

- a. Click the "Aquatics" Tab
- b. Choose the correct swim level for your child
- c. Select a day and time that works best for your schedule
- d. Follow the prompts to complete registration

5. Automatic Enrollment

- a. Once you register for your first month, you will automatically be enrolled for the year
- b. Payments are processed automatically on the 1st of each month

What will we need for swim lessons?

You really do not need much: a bathing suit, goggles, and a towel. If the individual taking lessons is not potty trained or has gastrointestinal issues, they will have to wear a swim diaper and a plastic covering to make sure to not affect the hygiene of the pool. We encourage students with long hair to tie it back or use a swimming cap.

What is the process when my child moves up?

Progression through Swim Levels

- Students will advance to the next level only after mastering all required skills in their current level
- Evaluations are conducted by our Aquatic Staff during the last class of the following months:
 - October, December, February, April, June & August
 - If you missed your evaluation class, please contact Samantha and Renee to reschedule



the **SWIM LESSON FAQ'S**

- If you would like your child to be evaluated before the scheduled months, please email a request to aquaticinfo@wmaymca.org
- The number of lessons needed to master skills and advance varies for each student
 - Skills Achieved
 - Skills Still in Progress
 - Advancement to the next level, if ready
- If the student is ready to move up a level, email aquaticinfo@wmaymca.org (The Welcome Center cannot change levels)
- If the student misses their evaluation, email aquaticinfo@wmaymca.org to request an evaluation at the next lesson

What is the makeup policy for Group Swim Lessons?

- **Limit**
 - 1 Makeup Group Lesson per month, unless the class was canceled by the YMCA
 - Makeup classes will not carry over into the new swim season
 - The swim season runs from September to August each year
- **Eligibility**
 - You must be currently enrolled in the swim lesson program to schedule and attend a makeup group lesson
- **Scheduling & Expiration**
 - Makeup group lessons must be scheduled and completed within 30 days of the missed class
 - After 30 days, the opportunity for a makeup class will expire
 - No drop-ins allowed-you must contact Samantha or Renee to schedule

Why we limit Makeups?

Maintaining consistent student-to-teacher ratios ensures a productive class environment and supports each child's steady progression. Excessive makeup can disrupt group dynamics and the learning process.

What are the YMCA Approved Holiday Makeup Classes 2025-2026?

YMCA Approved Holiday Makeups: Makeup lessons are approved if your class falls on any of the following YMCA holiday closures

- **Halloween-October 31**
- **Thanksgiving Break-November 27-30**
- **Winter Break-December 23-January 1**
- **Easter-April 4 & 5**
- **Memorial Day-May 22-25**
- **Fourth of July-July 2-5**



the **SWIM LESSON FAQ'S**

What are the day-of lesson protocols?

- Parents/Guardians are encouraged to sit in the bleachers or other seating areas inside the YMCA during lessons
- The ADA Locker Room and Main Pool windows are not designated viewing or standing areas
- All children 11 years old and under must be accompanied by an adult who must remain on-site during the entire lesson

Locker Room Protocols- Please use the locker room that best fits your family's needs

- Boys Locker Room
- Girls Locker Room
- ADA/Family Locker Room

***Note: The Women's and Men's Locker Rooms cannot be used with children for any reason**

NEW YMCA MEMBERS: If this is your first time at the YMCA, please arrive 15 minutes before your program starts. Go to the Welcome Center to have your picture taken and get your membership key tag or phone barcode linked to your account.

If you are a **non-member adult**, you must be screened through the Raptor Visitor System. Please bring a photo ID (like a driver's license). After clearance, you will receive a card to show at the Welcome Center before using the locker rooms.

New Community Members: If this is your first time at the YMCA, please arrive 15 minutes before your program starts. Go to the Welcome Center to have your picture taken. Community Members do not get a membership key tag because access is only during your program.

How do I cancel lessons?

Our enrollment is rolling and continuous, which means once you have enrolled, you will automatically be enrolled for the remaining months. If you are looking to cancel lessons, you need to reach out by **EMAIL** 15 days prior to the 1st of the month. If you do not give 15 days' notice, you are accountable for the following month.



SWIM LESSON FAQ'S

What is the Schedule?

Level	Tuesday	Thursday	Saturday
A	4:00 pm	4:35 pm	9:00 am, 10:10 am, 11:20 am

Level	Tuesday	Thursday	Saturday
B	4:35 pm	5:10 pm	9:35 am, 10:45 am, 11:55 am

Level	Monday	Tuesday	Thursday	Friday	Saturday
1A	4:00 pm, 5:10 pm 5:45 pm	4:00 pm 5:10 pm	4:00 pm 5:10 pm	4:00 pm 5:10 pm	9:00 am, 10:10 am 11:20 am

Level	Monday	Tuesday	Thursday	Friday	Saturday
1B	4:35 pm 6:20 pm	4:35 pm 5:45 pm	4:35 pm 5:45 pm 6:20 pm	4:35 pm 5:45 pm	9:35 am 10:45 am 11:55 am

Level	Monday	Tuesday	Thursday	Friday	Saturday
2A	4:00 pm	4:00 pm 5:10 pm	4:00 pm 5:10 pm	4:00 pm	9:00 am 10:10 am 11:20 am

Level	Monday	Tuesday	Thursday	Friday	Saturday
2B	4:35 pm 5:10 pm 6:20 pm	4:35 pm	4:35 pm 6:20 pm	4:35 pm 5:10 pm	9:35 am 10:45 am

Level	Monday	Tuesday	Thursday	Friday	Saturday
2C	5:45 pm	5:45 pm	5:45 pm	5:45 pm	11:55 am

Level	Monday	Tuesday	Thursday	Friday	Saturday
3A	4:00 pm	4:00 pm	4:00 pm	4:00 pm	9:00 am



SWIM LESSON FAQ'S

Level	Monday	Tuesday	Thursday	Friday	Saturday
3B	4:35 pm 5:10 pm 6:20 pm	4:35 pm 5:10 pm	4:35 pm 5:10 pm 6:20 pm	4:35 pm 5:10 pm	9:35 am 10:10 am 10:45 am 11:20 am

Level	Monday	Tuesday	Thursday	Friday	Saturday
3C	5:45 pm	5:45 pm	5:45 pm	5:45 pm	11:55 am

Level	Monday	Tuesday	Thursday	Friday	Saturday
4	4:00 pm 6:20 pm	4:00 pm 4:30 pm 5:00 pm	4:00 pm 4:30 pm 5:00 pm	5:10 pm 5:45 pm	9:00 am, 9:30 am 10:00 am, 10:30 am 11:00 am

Level	Monday	Tuesday	Thursday	Friday	Saturday
5	4:35 pm	4:00 pm 4:30 pm 5:00 pm 5:45 pm	4:00 pm 4:30 pm 5:00 pm	4:35 pm 5:45 pm	9:00 am, 9:30 am 10:00 am, 10:30 am 11:00 am

Level	Monday	Tuesday	Thursday	Friday	Saturday
6	5:45 pm	4:00 pm 4:30 pm 5:00 pm	4:00 pm 4:30 pm 5:00 pm	5:45 pm	9:00 am, 9:30 am 10:00 am, 10:30 am 11:00 am

Level	Tuesday	Thursday	Friday	Saturday
SWIM FIT	4:00 pm 4:45 pm	4:00 pm 4:45 pm	6:15 pm	9:00 am 9:45 am

ADULT INTERMEDIATE	Friday 9:30 am	Saturday 12:25 pm		
ADULT BEGINNER	Tuesday 6:20 pm	Thursday 6:50 pm	Friday 10:00 am, 10:30 am 11:00 am 6:15 pm	Saturday 7:30 am 8:00 am 8:30 am