



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 a 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 semiprivate 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?

All new participants in our Swim Lesson Program must register for an evaluation, unless your swimmer is a beginner which is level A, B, or 1. Evaluation classes cost \$15, which is a non-refundable fee. During the evaluation the child will participate in the class, and this will help determine the class that your child belongs in. You can register for an evaluation online or at the Welcome Center.

Is an evaluation class required for every age group?

All new participants in our Swim Lesson program must register for an evaluation, unless your swimmer is a beginner which are levels A, B, or 1.



the **SWIM LESSON FAQ'S**

Do you offer adult swimming classes?

The short answer is 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?

The first step to registering for classes is to go to the website, under the swim lessons tab you will be able to register for an evaluation class. If you are having trouble with the online registration, you can reach out to the Welcome Center or any member of the aquatics team. After finishing the evaluation class, you can register for the appropriate class. This can be done by registering online through our website or you can be assisted by the Welcome Center. You will need to have a YMCA Membership to receive the discounted Member rate, or you can participate in lessons as a Community member with the Community Member rate.

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 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 for when my child moves up?

When your child is evaluated at the end of October, December, February, April, June, and August and your child is ready to move up, Samantha will automatically move your child to the next level during the same date and time as your current lesson. If a lesson isn't available, she will contact you about your options. If you need to change your lesson time you must contact Samantha.

How do I book a make-up?

To book a make-up lesson you must reach out to aquaticinfo@wmaymca.org. Samantha will contact you to coordinate a time that works for you to come in and do your make-up. If you need to cancel your private, you must cancel 2 hours prior to the lesson. If you do not, the credit will be taken off your account to pay the instructor. If you are taking semiprivate lessons, you still need to inform Samantha 2 hours prior to the lesson. If one participant shows up the other participant can have make-up in group lessons.

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	Monday	Tuesday	Thursday	Saturday
A	4:00 pm	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	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 11:20 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

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

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

ADULT INTERMEDIATE	Monday 6:20 pm	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 11:30 am	Saturday 7:30 am 8:00 am 8:30 am