



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Aquatics Parent Orientation

Where to go

All swim lessons will meet on the pool deck. Only Children under age 5 are permitted in the boys/girls locker rooms with the opposite sex parent if necessary. We also have a Family Changing Room located in the pool equipment storage room near the deep end of the pool. Please make sure your child visits the restroom before the start of each lesson!

What to Bring

Swimmers will need a swimsuit, towel and a smile. Girls should have their hair pulled back and out of their face! Participants should also keep their nails clipped. Goggles are HIGHLY recommended. We ask that masks that cover the nose not be used as they interfere with learning breath control. In addition, children who are not potty trained will need a swim diaper and rubber pants. Disposable diapers will not be allowed because they restrict movement, become very heavy with water and are likely to fall apart. Diaper changing stations are available in the locker rooms.

Make-up Policy

If for any reason, you are unable to attend a swim lesson, you will not be given a refund for that amount or able to attend a make-up lesson. If for any reason we have to cancel a lesson, we will schedule a make-up class (generally given on the next Friday). If we are unable to hold swim lessons due to inclement weather or pool closures we will call at least 30 minutes prior to the lesson. Please go on our web site, Facebook page, or call 712-2000 to find out more information.

Pool Rules

We ask that parents read the pool rules that are posted in the pool area. Your children will learn the pool rules through the swim lesson program, and we encourage that you promote pool safety as well at home.

Progress Reports & Program Evaluations

At the conclusion of each session, students will be given a progress report completed by their instructor to let parents and swimmers know the skills they have completed and those they are continuing to work on. If you know you will not be available at the end of the session, let your child's instructor know so he/she can give it to you ahead of time. Please be aware that most participants repeat each level multiple times before passing it.

Private Lessons

We offer one on one instruction for those swimmers who need or want extra attention. Private lessons cater specifically to the swimmer's goals and developmental skill level. When taken in conjunction with group lessons, immense turnaround in swimming skill and speed can be achieved.

Remember

We offer swim lessons year round. Sign up early, classes fill up quickly!

JERRY LONG FAMILY YMCA

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Our Mission: "Helping people reach their God-given potential in spirit, mind and body."