

Henderson Family YMCA Swimming Lessons Parent Letter

Welcome to the 2023 Henderson Family YMCA Swim Lesson Program! We are now teaching Y Swim Lessons. Our swim lesson program is taught by certified YMCA Swim Lesson Instructors. Our new swim lesson curriculum is made up of 8 lessons that are 45 minutes long for the Swim Starters, Swim Basics and Swim Strokes. We look forward to seeing you at the Henderson Family YMCA!

General Information: The purpose of the YMCA Swim Lesson Program is to develop competency in swimming along with confidence and endurance and water safety. A child is advanced to the next level only when he/she can proficiently and safely perform the skills within his/her continuum level. We expect children to learn and progress at their own pace. Therefore, do not be discouraged if your child does not complete all the skills within his/her level during any one session. Your child needs to know that it is acceptable to take as much time as necessary to master all the skills.

In the Program Overview you will see that the YMCA Swim Lessons are in three categories.

- 1- **Swim Starters** (Water Discovery and Water Exploration) In the Infant & Toddler/Preschool Stage (6 months-4 years) the participant must be accompanied in the water by a parent/guardian. These classes are 30 minutes.
- 2- **Swim Basics**-Water Acclimation (Beginner), Water Movement (Intermediate) and Water Stamina (Advanced). These classes are 45 minutes.
- 3- **Swim Strokes** (Stroke Introduction, Stroke Development & Stroke Mechanics). These classes are 45 minutes.

Preparation: All participants must enter and exit the main entrance and check in. All guest participants will have an orange wrist band placed on them.

- Arrive 10 minutes before class begins.
- Use restroom and rinse off in the shower.
- Parents may sit outside when weather permits or the lobby unless it is a class that the parent/guardian is required to be in the water.
- Please be sure that participants hair is pulled back out of their eyes.
- Parents are Not permitted to leave the facility.
- Once your swim lesson is completed for the day you must exit the facility.

Health & Safety: The health and safety of all participants is a priority. Please be respectful and follow the health and safety guidelines.

- Please do not attend swim lessons if participant is vomiting, fever, or diarrhea in the past 24 hours.
- Participants that have pink eye, chicken pox, strep throat, poison oak, poison ivy, or any open wounds may not enter the pool.

System Credits: The YMCA Swim Lessons are non-refundable. We will issue a system credit if the pool is closed due to weather, maintenance issues or if there are insufficient numbers to conduct the swim class. (There must be two or more participants to hold a class).

Class Make Up:

- We only make up two missed classes due to thunder and lightning.
- If the pool closes during a swim lesson because of thunder and lightning it will be made up if more than 30 minutes is missed. If at least 30 minutes of the class takes place before closure, the class will not be made up.
- We make up classes due to instructor out unless a backup instructor can cover the class.

We appreciate you choosing the Henderson Family YMCA for swim lessons. We hope you have a great swim experience!

Respectfully,

Kim B. Davis
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