

# **WELCOME TO THE YMCA OF CENTRAL VIRGINIA YEAR-ROUND SWIM LESSON PROGRAM**

For over 150 years, the YMCA has been on the forefront of Aquatics. More people have learned to swim through the YMCA than any other organization. Our swimming lesson program is world renown, and we are excited about how our instructors have made positive improvements to our swim program. We believe in creating a safe and fun learning environment leads to true progress for all our swim students! Our instructors will be teaching your kids to become smarter, happier kids who are confident both inside and outside of the pool.

Additionally, our instructors are certified in CPR, AED, First Aid and Emergency Oxygen Administration and they also take child abuse training. We expect our staff to always display and teach our four core values of Caring, Honesty, Respect, and Responsibility. We also provide certified lifeguards to always ensure safety.

## **ABOUT THE PROGRAM**

The swim lesson program is set up in a progressive manner. Each stage is built upon each other to allow the students to grow their skills and technique each step of the way. The program is broken up into four age groups. Swim Starters, Preschool, School Age, and Teen/ Adult.

## **WELCOME LETTER**

You will receive a welcome letter on the first day of class and this will give you details on what stage your child is in and what will be taught at that stage.

## **CERTIFICATE OF ACHIEVEMENT**

Upon completion of each stage, you will receive a certificate that will detail what your child completed in order to move to the next stage.

## **INSTRUCTOR TO CHILD RATIOS**

In order to provide the best possible environment for all children, the YMCA has set ratio recommendations for our swim lesson program. We work to maintain this best practice at all times. We reserve the right to limit the number of children we serve to maintain the safety of all children.

<b>Category and Age Range</b>	<b>Stages Offered</b>	<b>Ratio Based off 1 Instructor</b>
Swim Starters(6month-3yr)		8
Preschool (3-5 years)	Stages 1, 2, 3	4
School Age (5-12 years)	Stages 1,2,3,4,5,6	4
Teen / Adult (13yrs and +)		4

## **RECOMMENDED ITEMS TO BRING**

### Swim Starters

- Swimsuit and Towel
- Swim Diaper (if child is not potty trained)
- Parent/ guardian in the water with the child each lesson

### Preschool/ School Age/ Teen/ Adult

- Swimsuit and Towel
- Goggles are allowed – we do ask that they don't cover the nose (no snorkel goggles)
- Tie/ pull back long hair

The YMCA provides any toys or floatation devices that may be needed for instructional teaching.

## **REGISTRATION INFORMATION**

Registration for an evaluation does not guarantee your child a spot in the stages. Payment will be made monthly, beginning with the first payment at the time of registration (prorated to reflect the remaining lessons in the month). Following this first month, payment will be charged on the 3<sup>rd</sup> of each month (or your selected membership draft date).

## **REFUNDS/ CREDITS**

Refunds and/ or cancellations will only occur if cancelled more than one week before the start of the session. Only case by case exceptions can occur such as illness, injury or death.

## **DATES LESSONS WILL NOT RUN**

April 14 <sup>th</sup> – 19 <sup>th</sup> , 2025	May 26, 2025	July 1 <sup>st</sup> -5 <sup>th</sup> , 2025
September 1, 2025	November 25 <sup>th</sup> -29 <sup>th</sup> , 2025	December 22 <sup>nd</sup> 2025 – January 3 <sup>rd</sup> 2026

## **MAKE-UPS**

We do not give make-up classes if you miss a class. We will do our best to provide a make-up lesson if we must cancel a class due to circumstances out of our control (weather and contamination). If we are able, we will run the make-up class on another day and time based on our schedule. If a class meets more than half of its scheduled time, it will not be made up.

## **SAFETY**

### **CHECK IN/ OUT PROCEDURES**

All members and community members will need to check in at the front desk before continuing to the pool deck. Any parent/ guardian that will be bringing the child will need to either have a YMCA membership or set up a community member account so they can be checked into the facility with the child. After the lesson concludes, instructors will wave parents/ guardians down to the pool to retrieve the children. All parents/ guardians must remain in the YMCA facility during their child's lesson.

### **LOCKER ROOM USE**

**It is highly recommended you come in your swim attire to limit overcrowding in the locker rooms.** Please use the family changing rooms or the boys or girls 17 and under locker rooms when changing. Children ages 5 and under may use the opposite gender locker room when accompanied by a parent/ guardian of that gender.

If your child needs to potty at any time during the lesson, the instructor may wave you down to assist. If our instructor must take a child, they will need to go in 3's. We must stay in ratio so this could lead to the entire class going. We will use the family locker rooms and wait outside the door while they use it. Please take your child to the restroom before class.

### **EMERGENCY PROCEDURES**

We have specific procedures in place for many types of emergencies. The instructor's priority is to always make sure their students are safe and accounted for.

#### **In the event of a Fire/ Evacuation**

All children will be taken out of the building through the emergency exit on the pool deck and will gather at the designated spot outside. You can meet or walk with your child to that location and take them once they are safe and you alert the instructor/ Aquatics Director you're leaving with them.

## **OTHER IMPORTANT INFORMATION**

### **BEHAVIOR MANAGEMENT**

We are here to help your children have a good time and learn to swim. Please let the instructor and/ or the Aquatics Director know of any pertinent information to ensure your child has the best lesson possible. In some cases, we may have to help a child make good choices and ensure they are using our Core Values: Caring, Honesty, Respect, and Responsibility. In these situations:

We use redirection and positive reinforcement

We talk to the children at their level, both verbally and physically.

When a child has been told at least three times about a behavior and still refuses to comply, we may separate your child from the group to address the issue. Staff will ensure that the child understand what they have done wrong and how they can correct their behavior. Separation time will be appropriate to age/ developmental level of each child.

Physical discipline of any kind will **never** be used or tolerated.

### **CRYING CHILD**

If a child is upset and crying during a swim lesson, staff will make every effort to calm and comfort the child and help them acclimate to the aquatic environment. After 10 minutes of crying, the staff may locate the parent to assist in calming the child. Parents may attempt to leave the child a second time, but if crying persists for another 10 minutes, parents may be called to pick up the child. At this time a discussion of options will occur with the Aquatics Director.

### **DIVERSE ABILITIES**

Children with any type of special needs are welcome in our swim lesson program and our staff will make every effort to accommodate the child's needs. Parents are asked to clearly communicate any special circumstances or accommodations that their child needs prior to the swim lesson. Parent/ guardian may need to be in the water to assist during the lesson.

## **JOB OPPORTUNITY**

Do you know anyone who needs a part time job? We are looking for lifeguards (15 and up), assistant swim instructors/ attendants (15 and up), swim instructors (16 and up), and water fitness instructors (18 and up). Talk to the Aquatics Director for more details or check out our job posting on our website at [www.ymcacva.org](http://www.ymcacva.org)

## **QUESTIONS**

We would love to answer any questions or concerns you may have. Please ask your swim instructor or Aquatics Director at your location.

### **Downtown YMCA**

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### **Jamerson YMCA**

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