



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

METUCHEN YMCA AQUATICS SWIM LESSONS

Dear Parents, We are excited that you chose to participate in Metuchen YMCA's swim lesson program! Here are a few things that you need to know before we get started. We want our classes to be a rewarding and fun experience for all. Please help us make that possible by adhering to the following suggestions and guidelines. We try to incorporate the values of caring, honesty, respect and responsibility in everything we do and we ask you to follow the same principles.

How do I register for swim lessons?

Register online or contact our Welcome Center for assistance. To find placement first look for age then skill level. Unsure contact Aquatics Director.

Attendance & Late Arrivals

Please arrive to your class on time. Arriving late disrupts the flow. Have swimmers ready in bathing suits and goggles. Please pick up promptly at the end of scheduled class. Please come prepared to start class on time including having the kids use the restroom before class so they are not have to leave in the middle of a lesson. It is a challenge to have kids showing up late and interrupting the class when leaving in the middle. Please do not enter the water prior to class starting; we want to insure everyone's safety. You will drop your kids off at the pool deck and they can have a seat on the bleachers and wait for the instructor to collect kids. Parents are to wait outside the pool deck; please do not block exit.

What Should I/My Child Wear?

All participants must wear appropriate swim attire in order to enter the pool, street clothes are not permitted. Children who are easily chilled are welcome to wear a swim shirt or "shorty" wetsuit in addition to their swimsuit. Children who are not fully potty-trained must wear a swim diaper and/or tight-fitting rubber or plastic pants under their swimsuits. Please do not come to the pool with a regular diaper. In accordance with the Health Department, no one may change a child's diaper on the pool deck. Please use the locker room.

What Accessories Should We Bring?

Goggles are recommended, kids with chin length hair or longer must wear a swim cap. (You can purchase a cap at the welcome center if you do not have one.) To ensure your swimmer learns breath control, "scuba" style face masks that cover the nose will not be allowed. All other equipment is provided by the YMCA, please keep all floatation devices at home. We do not want outside dirt traveling on our pool deck and into the water. For similar reasons, please do not wear outside shoes beyond the bleachers. Consider flip flops or sandals for walking on the deck.

Transfers and enrollment

Transfers will only be accommodated if a level change is needed per the recommendation of the aquatics staff. We have a minimum enrollment of at least 2 participants that needs to be met by second week. Classes not reaching enrollment will be canceled. In this case, you will have the option of receiving a refund, a credit, or switching to another similarly priced program or class.

What Is the Student to Instructor Ratio In My/My Child's Class?

Our target class ratios are as follows, specific class ratios may fall anywhere within these guidelines based on stage, age, and available instructors: Parent/Child Classes 1 instructor per 10-12 pairs Pre-School Classes 1 instructor per 3-6 students School Age Swim Levels 1-3 1 instructor per 4-6 students School Age Swim Strokes Levels 4-6 1 instructor per 6-10 students Teen/Adults Lessons 1 instructor per 4-8 students
How Do I Choose a Class Level For My Child? We offer swim lessons by ages and skill levels. Register your child for the most appropriate class based on their abilities and age. Please use the class descriptions and age categories to guide your decision. For current swimmers, please discuss level recommendations with the instructor. We complete a skill assessment on the first day of all sessions. Our instructors may recommend a placement change and will discuss moving your child to an appropriate class if space is available. If you are entirely new to our facility and YMCA curriculum, it may be best to schedule a swim test before confirming class registration. Please email alexis.brown@ymcaofmews.org to do so. Walk-ins for swim evaluations will not be served, as additional staff may be required to enter the water for them while normal activities are in place.

Substitute Swim Instructor

At times, instructors will need to miss a class and there will be a substitute instructor. We do our best to keep one person consistent as your child's instructor.

How Do Evaluations Work?

Kids are continually evaluated at each class. They will get an evaluation on last class of the session. Often Instructors will communicate directly with the student and/or parents about their progress. If you are not certain of your child's next registration status, please ask the instructor at the end of the last class. The Membership Team, as well as the Director of Aquatics, do not know the specific levels of each individual swimmer.

How Quickly Should I Expect My Child to Move Up?

We encourage each child to progress at their own pace, as such there is no set timeline on which we expect children to move from one stage to the next. For the safety of your child, as well as the rest of the children in the class, our instructors will not move a child to the next swim stage until they are capable of safely completing all of the skills in their current stage. Swimming requires a complex set of gross motor skills and it is very common for children to spend several sessions in any one stage before being ready to move up. Please do not be discouraged if your child needs to repeat a level more than once. It is important that students are in the level comparable to their skill-set so that classes are composed of children with similar ability levels. Our instructors continue to build skills in each session. If you feel there has been an error in your child's placement, please feel free to contact our Director of Aquatics to discuss your concerns.



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Observation

We encourage parents to be active participants in their child's learning process, but we also ask for you to keep your presence during swim lessons to a minimum. Swim Lessons are a perfect time for your child to explore their independence and confidence in a safe environment. There are certain instances where your presence can detract from your child's ability to learn. Parents are to remain in the hallway during swim class; not on pool deck. Cell phones and cameras may not be used in the pool area or in the lockers to maintain participant's privacy.

Do I Need to Be Present for My Child's Class?

Children under the age of 9 must have a designated parent/guardian or adult chaperone in the hallway area with them at all times, including during swim classes. You are expected to remain in the building at all times during programming so that you are accessible in case of an emergency. Water Discovery and Water Exploration parent/child classes require a designated adult in the water with each child. This adult is expected to be at least 16 years of age. If the adult figure is too young, or not able to enter the water, then the child's lesson is forfeited. Please plan to be on the pool deck slightly before the start of class, late arrivals may miss important information presented at the beginning of class.

May I Sit by My Child's Class to Help Them Adjust to The New Situation?

In the interest of building trust between a swimmer and the instructor, we ask parents to observe their child's class from the hallway. When swim lessons begin, it is common for some children to be afraid or cry. Remember this may be a new environment with new routines and expectations. Assure your child that you understand swim lessons may be uncomfortable at first, but learning to swim is important. If you are confident and reassuring, they will feel secure and adjust quickly to the environment. Our staff members are well trained in helping to calm anxious or nervous children. Children who are continually disruptive during class will be asked to sit out until they are able to listen to the teacher's instructions. This will help ensure the safety of all students in the program. If you see that your child is regularly sitting out, please talk to them about paying attention, keeping their listening ears on, and respecting both their instructor and classmates.

Can My Child Play in the Pool Before Class Starts or After Their Swim Lessons?

Families are encouraged to come into Family Swim time as posted on the schedule, as many of our lessons run back to back and take up a majority of space from our lap swimmers. Parents must supervise children at all times. Children under 9 years of age, non-swimmers or weak swimmers must be accompanied by an adult in the pool, within an arm's reach, at all times. Parents are responsible for the actions of their children. The Aquatics Department reserves the right to swim test any person for competency at any time when they are in the pool. This applies for both Family / Open Swim, as well as changing swim level.

Make-Up Policies To Know

We are not able to offer make-ups, drop-in classes, or credits/refunds for students who have missed group classes due to personal reasons, vacations, family events or schedule changes, lack of interest or lack of use. One make-up lesson will only be offered for illness or family emergencies. Doctor's note must be provided for the day of the illness. Make-up lessons will not be scheduled on the first and last week of the session. Our pool may close during inclement weather such as thunder or snow storms. We may also close for any chemical imbalances or accidents that may occur in our pool. If this were to happen, we may teach a safety lesson from the deck. The Y will try to make every effort to reschedule class but is not a guarantee. We may put a credit to your account to the participant equal to the value of the canceled class if we cannot do a make-up. If a class is canceled halfway through its scheduled time, no credit will be given. Please note that credits can only be added to an account once, and so they are routinely added during the last week of each session. Refunds through cash, check, or credit will not be issued. System credits can be applied to any program at our YMCA, not just swimming lessons.

Cancellations

If a participant withdraws prior to the first class of any program/class session start date, a full refund will be issued. No refunds will be distributed beyond the first class of any program/class session start date without a doctor's note. If a doctor's note is provided, a refund for the prorated amount of the class fee (from the date the request was submitted) will be issued.

Pool Closures Refunds cannot be issued due to unforeseen circumstances, including weather conditions and acts of God that result in facility and/or pool closure. We will make every attempt to accommodate for the lesson (see above).

When to Keep Your Child Home from a Lesson

Please keep your child out of swim lessons if he/she has: • a fever or vomited within the last 24 hours • diarrhea or intestinal flu • pink-eye, ringworm, or other contagious illnesses Please do not risk the health of our staff and other participants. (If you suspect you or your child has covid please contact the Aquatics Director immediately. Parents and participants will be notified if there is risk)

What do I do if I have more questions?

Questions or concerns from parents can be directed to the Aquatics Director or Program Supervisor. If you need to communicate to the instructor we can relay the question to them. Please allow instructors to lead class without interruptions. Please keep in mind that many instructors may need to go from one class directly into another. Additionally, please feel free to reach out to our Aquatics Administration by phone or email using the contact information below. When contacting, please be prepared to provide your full name, your child's full name, and the class for which they are registered.

Metuchen Director of Aquatics
Alexis Brown
alexis.brown@ymcaofmewsa.org

Assistant Aquatics Director
Andrew Palmer
andrew.palmer@ymcaofmewsa.org