



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAPPY SWIMMERS

AQUATICS PROGRAM FREQUENTLY ASKED QUESTIONS (FAQs)

QUESTION

ANSWER

Which type of Swim Lessons should I choose for myself or my child: Private, Semi-Private, or Group?

If you are looking for one-on-one attention, then a **Private Swim Lesson** is recommended. A **Semi-Private Swim Lesson** is similar to a Private Swim Lesson, but there are two-to-three students in the lesson, from the same household. **Group Swim Lessons** are the most affordable option and allow up to five students to one instructor. This type of lesson is similar to a program and runs in sessions. Please see the Welcome Desk or Swim Lesson Coordinator for additional info.

At what age can my child begin swim lessons?

Your child can begin swim lessons starting at 6-months in a Parent/Child swim class. Private Swim Lessons are offered to children 3-years old and up, which is a strong developmental time to begin formal swim instruction.

How do I determine what Group Swim Lesson to enroll my child in?

The "Swim Lesson Selector" guide can be found at the Welcome Desk or online at gv-ymca.org, along with Swim Level information.

How do we register for a swim lesson? How much do the lessons cost?

If interested in **Group Swim Lessons**, then register at the Welcome Desk or online. For **Private** and **Semi-Private Swim Lessons**, contact the Swim Lesson Coordinator to schedule a lesson start date and to make payment. Go online to www.gv-ymca.org or see the Swim Lesson Request Form for pricing options.

Should I bring goggles, a swim cap, floaties, or anything else?

Swim Caps: If your child is prone to chill, a swim cap may help. We welcome and encourage your child to wear a swim cap. For swimmers with long hair, we ask that it be tied back and away from the face with a rubber band, so it does not interfere with learning to breathe.

Goggles: For the beginner swimmer, goggles can present a false sense of safety. If your swimmer feels that they need goggles, they may bring them however, for safety reasons a portion of the lessons will be spent encouraging participants to be comfortable without goggles.

Floaties: Floaties and other PFDs are not used during lessons to encourage participants to be comfortable without them.

Can I watch my child's lesson? Can I bring others to watch?

Absolutely!

What if I or my child misses a lesson? Can it be made up?

Children who have been ill should be kept at home. This is in the best interest of their health, as well as the health of other class participants and the instructor.

Group Swim Lessons cannot be made up. Refunds are issued as credit and are given at the discretion of the Swim Coordinator. A doctor's excuse note should be provided upon return.

Failure by the student to schedule or to attend scheduled **Private or Semi-Private lessons** is not the responsibility of the Y. If a student is unable to attend the lesson and notifies the Swim Coordinator at least one (1) day before the lesson, then a credit may be issued. Otherwise, the student will forfeit the lesson.

Why does my child work on the same thing every class?

Repetition is the key to learning for most young children. The repetition of skills gives children something to look forward to in class. Swim Lesson participants will also feel a greater sense of success by mastering a skill they have been repeating in class.

What are the certifications of the Swim Instructors?

All Swim Instructors are certified through the YMCA v6 Swim Instructor Training and are also trained/certified in CPR, AED, Bloodborne Pathogens, First Aid, and administering oxygen.

At what age can my child be alone in the water?

Children ages 6-years old and younger must have an adult in the water with the child at arm's length. Children ages 7-to-12 years old must pass a swim test and may then have an adult on the pool deck to supervise the child in the pool area. Children ages 12 and 13 must pass a swim test to swim alone. Children ages 14 and older can be in the pool unsupervised, and no swim test is needed. Ask a Y Staff member for guidance.

Do I have to be a member to be in the water with my child?

Children must be members and have a designated adult in the water with them who is a member.

Is there a lifeguard on duty at all times?

Always. Please note, the Aquatics area, including the sauna, steam room, and whirlpool will be closed from 1:00 P.M. - 3:00 P.M. on Mondays through Fridays due to a nationwide shortage of Aquatics staff.

Can I bring my own flotation device?

Yes, you may bring your own personal flotation device (PFD) as long as it is Coast Guard-approved. The Y also can provide you with a PFD to use during your time swimming at the facility.

Do you have a swim team?

No, we do not have an Easton Branch-specific team, however, we do have a collaborative Nazareth/Easton Swim Team called "The Blue Fins". Please contact the Nazareth Branch for additional information at 610-759-3440.

Do you supply towels?

No, we do not have an ongoing towel service; please pack your own towel before coming to the Y.

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