

# SWIM LESSONS FREQUENTLY ASKED QUESTIONS:

- ❖ **Instructor Training:** What training and certifications do your instructors have? Are they background-checked?

**A:** All instructors are American Red Cross Water Safety Instructor Certified. The YMCA performs background checks on all employees at time of hire.

- ❖ **Class Structure:** How many students are in each class? Will my child have the same teacher throughout?

**A:** We follow the American Red Cross recommended class size standards for all classes. Depending on the type and level of class, there could be up to 10 students per instructor. Each session is designed for 1 instructor throughout but not guaranteed.

If a class doesn't meet a minimum number of students, the YMCA will change the class to a private or semi/private swim lesson at the regular group lesson rate.

- ❖ **Lesson Goals:** What are the specific objectives for my child's class, and do they include water survival skills?

**A:** Each level follows a curriculum and set achievements to help each swimmer improve skills and confidence in the water. For exact objectives refer to the American Red Cross mobile app or website.

❖ **Progress & Communication:** Will I receive regular updates on my child's progress?

**A:** Red Cross swim lesson progress is communicated to parents through continuous instructor evaluation, achievement cards, the Red Cross Swim App, and in-person feedback. Parents are also encouraged to speak directly with the instructor to get the most accurate information on their child's progress.

❖ **Safety & Environment:** How do you ensure the water is warm, clean, and safe? What are your policies for handling sick children?

**A:** All pools are checked, cleaned and monitored routinely and follow all health and safety guidelines based on local and state regulations. We ask that all sick children stay home to keep the instructor and other participants healthy and safe. No makeup lessons will be authorized due to illnesses.

❖ **Child's Needs:** Do you teach children with special needs or autism? Can I observe the class?

**A:** Children with special needs will be treated with the utmost respect and consideration for any disabilities will be handled with inclusion and modification if necessary. Certain locations also have Swim Angelfish certified instructors who have received additional training to help improve the class experience for children with autism or special needs.

❖ **Program Season:** When are classes held? Are lessons only in the summer season?

**A:** Most branches offer lessons year round. If pools are open lessons are offered.

❖ **Lessons to Learn:** How many lessons will it take my child to learn how to swim?

**A:** Red Cross swim lessons are designed to teach in a progressive, step-by-step manner, building confidence and skills in six levels for children, from becoming comfortable in the water to refining strokes and increasing efficiency. Each swimmer will progress through lessons at their own pace and comfort level.

❖ **Make up Lessons:** How do make up lessons work? What happens if there is a pool closure?

**A:** Group lessons do not offer make-up lessons for individuals. If there is a pool closure due to maintenance or weather conditions, lessons will be rescheduled for a later date or time will be added to future lessons based on Aquatics Director discretion.

## **What to Bring to Lessons**

- **Swim Diaper:** Required for children under three or those not fully potty-trained, along with a plastic-lined swimsuit or swim diaper cover.
- **Goggles:** Recommended to protect eyes from chlorine and for better underwater vision.
- **Towel:** A towel is necessary for drying off after the lesson.
- **Swim Cap:** Required for swimmers with long hair to keep it out of their face.

- **Appropriate Swimsuit:** A snug-fitting swimsuit is important for comfort and mobility.

## **What to Expect in Lessons**

- **Focus on Fundamentals:** Expect lessons to cover important skills like breathing, floating, and body position.
- **Addressing Fear:** Instructors are trained to help even nervous swimmers feel comfortable in the water.
- **Gradual Progress:** True progress will be seen over multiple sessions as children build skills and confidence.
- **Safety First:** Swimming lessons are important for reducing the risk of drowning, but constant adult supervision remains essential.