



FOR YOUTH DEVELOPMENT®
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RETURN TO SWIM FAQ

Overview of the Swim Lesson Process

Participants and their adult figure will enter the building with masks on for a health screen prior to the swim lesson.

Swimmers should come prepared with their bathing suits under their street clothes. This will limit locker room and bathroom traffic.

Swimmers will begin their lesson. One adult may stay on the pool deck per child. The adult figure must wear a mask. Seating options are extremely limited at this time.

Swimmers cannot come early or stay after their lesson is completed. There is currently no lap swim allowed during swim lesson programming.

Swimmers should be prepared to quickly dry off and exit the facility through the doors on the pool deck directly onto the patio

During the time period between lessons, instructors will rotate out any equipment used so that there is no sharing. All items will be sanitized after lessons.

Mask Requirements

Will Instructors Wear Masks?

All of our swim instructors will be required to wear a transparent face shield during their lesson. We feel this is the safest approach for instructors to prevent potential airborne transmission of any disease, while still allowing them to speak and demonstrate skills to children. We have to keep in mind that we cannot wear a cloth mask of any type in the pool, as this can increase the risk of drowning. Instructors are assumed to be upright with faces out of the water at all times during their lesson.

Will Lifeguards Wear Masks?

Both the CDC and the State of New Jersey state that lifeguards should not wear masks while actively guarding. This will prevent them from having an emergency if they need to enter the water, as well as prevent a delay in care. Lifeguards are expected to wear a mask if they need to speak to someone or are walking on the pool deck. We ask that parents do not spend extended periods of time speaking to the lifeguards or swim instructors so that they are not distracted from their primary tasks, as well as to limit any potential exposure.

Will My Child(ren) Be Required to Wear a Mask?

Children in the swim lessons will not be wearing masks. Both the CDC and the New Jersey State Guidelines for current pool operations warn of potential drowning risks while wearing a mask while swimming. Our participants are assumed to be swimming with their faces in the water. This creates the distinct difference from participants to instructors.



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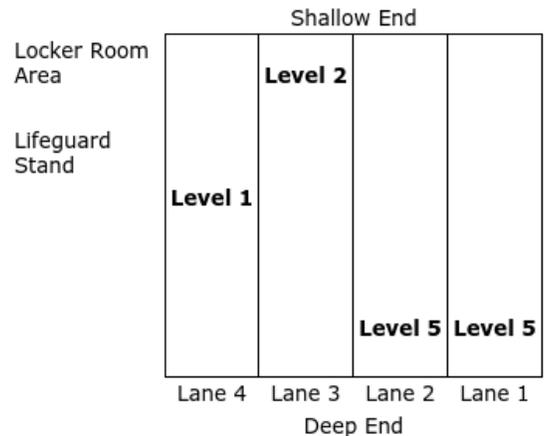
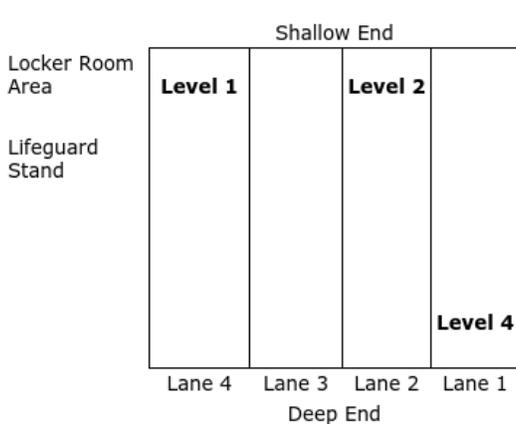
Social Distancing

How Can Families Be Socially Distant on the Pool Deck?

We expect all participants for our swim program to be brought to the facility with a parent for the check in process (see below), in case their swimmer is not able to participate in their lesson. We also expect the participant(s) family to stay at The Y for the lesson so that they can be accessible for conversations and a rapid pickup after the lesson. However, to limit the number of people on the pool deck, we do ask that only one adult figure stay physically present on the pool deck during the lesson. This adult figure must wear a mask the entire time on the pool deck. It is important to note that our Child Watch center is not currently operating to be able to watch additional children while you wait or workout.

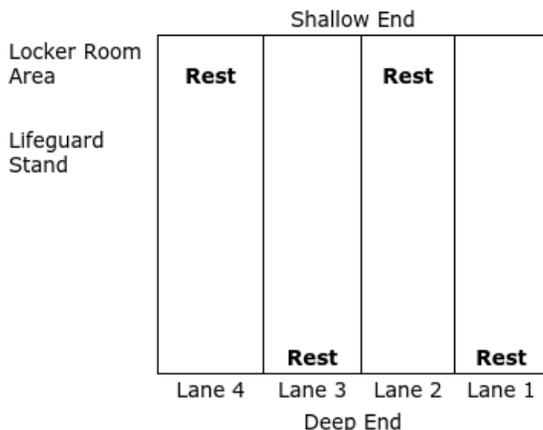
How Will Classes Be Socially Distant?

Classes will typically be separated by one of the three layouts below. The designated area for each class will be the main area they spend their time in. For the highest level class at any time, this area will be the deep end of the pool where swimmers should be strong enough to either start and stop laps at this end; can tread water; can sit out on the side while listening to instructions.



Example 1. This is the Typical Layout for Fall Lessons

Example 2. Occurs when level 5 operates



Example 3. Occurs during swim conditioning class



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Changes to Class Offerings

What Are The Ratios for Swim Lessons?

Swim lesson ratios have changed now so that each level only has 4 students in a class section. There are two exceptions to this:

School Age level 5, which is capped at 8 students, but will swim in two lanes during their class time.

Advanced Swimmers Swim Conditioning will allow 4 swimmers per lane, with a firm cap on a total of 16 swimmers during the swim session. During this program, swimmers will alternate their start/rest at opposite ends of the pool

Are You Running Any Parent-Child Classes

We are not offering any parent/-child infant style classes this session. We are offering a very limited number of swim lessons as we roll the program back out. Between the adult and the child within a class, these sections can have up to 24 participants in a single class. Between the high volume of people and the young age of the participants, we feel that these classes make the most sense to hold off on for the time being.

Where is School Age Level 6?

Our level 6 class is designed to be a pre-team conditioning class. Swimmers in this level have graduated technique work, and should be focused on improving overall swim times and competitive skills such as racing starts. With our limited swim lesson offering this Fall, we are not formally running this class section. Instead, we encourage swimmers to reserve themselves a lane for lap swim to continue working on their technique and times.

What Are Family Pods?

Family pods are designed to be class sections for families who may not be comfortable placing their child with three (3) other kids, but are comfortable having them swim with an additional family they know and are comfortable with. Registration for this option is extremely limited and must be done so through the Director of Aquatics only. Both families must register within the same business day to secure their time slot.

Is The YMCA Offering Classes for Teenagers or Adults?

During this swim session, we are not running group classes for our teenaged or adult members. We hope to be able to bring group classes back in future sessions. These members are still able to sign up for private swim lessons.

Our group lessons have extended the age slot for level 5 to include 13 year-olds; Swim conditioning allows members to register between the ages of 11-17.

What Happened to the Swim Team?

Both the Pirates and our Non-Competing Swim Teams are home to over 100 swimmers from our YMCA family. It was a tough decision, but we felt that the safest approach was to not run either program at this time. Given the size of our pool compared to our large number of young athletes, we do not feel that we can accommodate all members of our swim teams for their full length of practices during their 3-5 days of typical swim practice. USA Swimming has decided that all meets should be run virtually this season. With the elimination of in-person swim meets, we do not feel that it is worth running the risk to operate a swim team. We are optimistic that the Pirates can return for the long-course season next summer; and that our Non-Competing Team can return during one of our Spring Swim Lesson Sessions.

There are a limited number of spaces in an Advanced Swimmers Swim Conditioning class which is held on either Mondays or Wednesdays for swimmers who may need some structure for their workout. These members must be between the ages of 11-17 at the beginning of class to register. Otherwise, we encourage athletes from both our Pirates Swim Team, and our Non-Competing Swim Team to reserve lap lane use throughout the week to maintain their conditioning until next season.



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Additional Information

Daily Entry to the Facility / Swim Lessons

Just like our members using the fitness center, all parents and participants will have their temperatures checked, as well as answer 3 health related questions required by the State of New Jersey before moving beyond the Welcome Desk for our building. Temperatures beyond 101.4F, and/or those who answer negatively to the questionnaire will not be allowed to enter the building for their lesson. These missed lessons will not be refunded.

What Is Princeton Family YMCA Doing to Keep the Pool Safe?

In accordance with the New Jersey reopening guidelines, we are limiting use of all of our equipment to exclusively swim lessons, and minimizing its use beyond that. Lower levels will still use items such as noodles to gain motor control. High levels will limit use of pool equipment entirely, with the exception of kickboards. These items will be rotated out between classes and sterilized.

Missed Classes / Makeup Classes

If you are not able to attend a class section for a family or medical reason, we completely understand. However, we currently cannot allow makeup classes due to our current firm maximum number of swimmers in each section, and limiting cross exposure to different groups of children. These classes will not be refunded. We appreciate your understanding at this time.

I Was Enrolled in Lesson Prior to the Shut Down

In our Spring 2 Swim Session, we had over 300 participants signed up before we unexpectedly shut down as part of our COVID-19 response. All participants were able to take part in the first two weeks of this session. We prorated back the remaining cost of swim lessons onto each member's account as a system credit to utilize at a later date. This response is part of our formal Swim Lesson policies that each member had to acknowledge receiving before their registration for Spring 2 was processed.

Each membership account was then placed on a hold so that you were not charged during our shut down. To be able to register for our Fall 2020 Swim Session, you will need to call our membership desk or stop into the YMCA to take your account off of a hold before being able to register.

A Big Thank You!

We appreciate you sticking with us. The Princeton Family YMCA is dedicated to aiding our community, and we continue to thank you as we navigate changes to both Swim Lessons and facility operations as a hold.

Questions?

If you have any questions regarding these policies, please email the Director of Aquatics at GARY@princetonymca.org.

Any questions regarding your membership can be directed to our Welcome Center team by calling 609.497.9622