



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSON SELECTOR

PARENT/CHILD LESSONS

30 Minute Classes

18-36 months | 4 Swimmers Per Class

Water Discovery Stage A | 1:4

Parents accompany children in this class which introduces babies and parents to the aquatic environment through exploration that encourages them to enjoy themselves while learning about water.

PRESCHOOL LESSONS

30 Minute Classes

3-5 years | 4 Swimmers Per Class

Stage 1: Water Acclimation | 1:4

Children are introduced to the pool and develop safe water habits in a fun and encouraging environment. Children also develop comfort with underwater exploration and learn to safely exit a body of water in the event they fall in. This stage builds the foundation for the child's future progress in swimming.

Stage 2: Water Movement | 1:4

Children are taught skills that focus on body position and control, forward movement and directional change. This stage also reinforces how to safely exit a body of water in the event of falling in.

Stage 3: Water Stamina | 1:4

Children focus on swimming longer distances and are introduced to rotary breathing and integrated arm and leg action. In the event they fall into a body of water, children learn how to swim, move to safety and exit.

Stage 4: Stroke Introduction | 1:4

Swimmers focus on developing basic swimming strokes and personal water safety. Specifically, children develop the front crawl and backcrawl strokes, are introduced to components of the breaststroke and butterfly strokes, and practice safety techniques in deep water.

Advanced Swimmers

75 Minute Classes | 8+ years

Non-Competitive Team | 4 per lane

Graduated swimmers of the YMCA swim curriculum follow a workout plan designed to promote endurance in the competitive strokes, learn skills related to and enhance their techniques.

YOUTH LESSONS

45 Minute Classes

6-13* years old | 4 Swimmers Per Class*

Stage 1: Water Acclimation | 1:4

Children are introduced to the pool and develop safe water habits in a fun and encouraging environment. Children also develop comfort with underwater exploration and learn to safely exit a body of water in the event they fall in. This stage builds the foundation for the child's future progress in swimming.

Stage 2: Water Movement | 1:4

Children are taught skills that focus on body position and control, forward movement and directional change. This stage also reinforces how to safely exit a body of water in the event of falling in.

Stage 3: Water Stamina | 1:4

Children focus on swimming longer distances and are introduced to rotary breathing and integrated arm and leg action. In the event they fall into a body of water, children learn how to swim, move to safety and exit.

Stage 4: Stroke Introduction | 1:4

Swimmers focus on developing basic swimming strokes and personal water safety. Specifically, children develop the frontcrawl and backcrawl strokes, are introduced to components of the breaststroke and butterfly strokes, and practice safety techniques in deep water.

Stage 5: Stroke Development* | 1:8 (2 Lanes)

Students continue to work on their stroke technique and all major competitive strokes are introduced. Swimmers will develop stamina in the frontcrawl and backcrawl strokes, learn the breaststroke and butterfly strokes, and build endurance in their techniques for deep water safety.

Stroke Mechanics Stage 6 | 1:8 (2 Lanes)

Students refine their stroke technique on all major competitive strokes and learn more competitive swimming. Swimmers will develop endurance in the competitive strokes, learn skills related to competitive swimming like racing starts and flip turns, and enhance their techniques and build endurance in deep water.

Private Lessons

30 Minute Classes | 5+ years

Individual or Small Group

Swimmers are assigned to an instructor to work on a variety of skills as needed by evaluation or requested upon registration.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

The CDC has stated that properly chlorinated swimming pools should inactivate the COVID-19 virus.

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. Advanced lessons that can be taught from the pool deck will allow our instructors to switch from the face shield to a standard cloth mask,

Will Lifeguards Wear Masks?

Both the CDC and the State of New Jersey state that lifeguards should not wear masks while actively guarding. This may prevent them from having an emergency if they need to enter the water, as well as prevent a delay in care. At the same time, we are allowing our lifeguards to keep their mask on to protect their health and wellbeing. 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. There is an assumed risk that families take when enrolling in swim programming. Princeton Family YMCA is not liable for potential exposure from other persons within the facility.



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

RETURN TO SWIM FAQ

Social Distancing

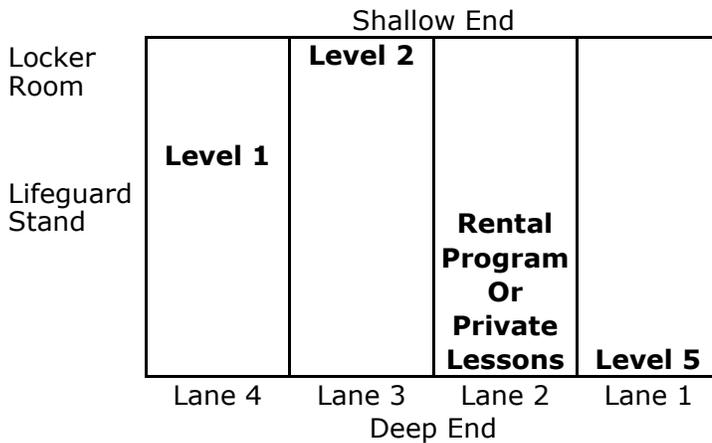
How Can Families Be Socially Distant on the Pool Deck?

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.

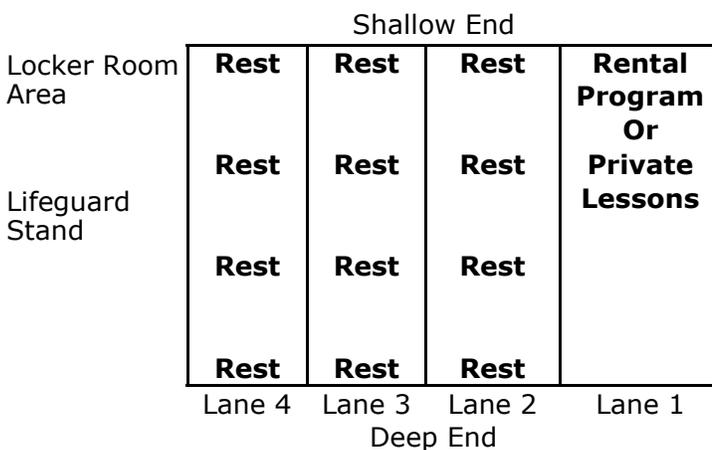
How Will Classes Be Socially Distant?

Classes will typically be separated by one of the two layouts below. The designated area for each class will be the main area they spend their time in. Higher level classes such as Youth Levels 4 & 5 can expect more continual swimming and to spend more time in the deep end compared to our beginner levels who may need the shallow end for comfort and for listening to our instructors.

Example 1. This is the Typical Layout for Group Lessons



Example 2. Occurs during swim conditioning class





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RETURN TO SWIM FAQ

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 Winter 2021 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.

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RETURN TO SWIM FAQ

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 levels 5 and 6 are capped at 8 students since there is more continuous swimming, and less time in a group listening to our instructors.

Advanced Swimmers: Non-Competitive Team will operate out of 3 lanes, having swimmers use alternating start/stop points throughout the lane. Some swimmers may start/stop at the shallow end, while others may be spaced out in the middle of the pool. They are still swimming 50-yd as long as they use their assigned location.

Are You Running Any Parent-Child Classes

We are running one section of Parent-Child on Saturday mornings. YMCA Swim Families have requested this offering. There will be a low number of families allowed to enroll.

Is The YMCA Offering Classes for Teenagers or Adults?

During this swim session, we are offering one time slot on Saturday afternoons for Teen / Adult beginners. This level allows access for members who wish to learn the basics of swimming. More advanced swimmers are encouraged to reserve lap lane times to practice on their own, or to enroll in private lessons to work on specific techniques. 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 8-17.

What Happened to the Swim Team?

The Pirates are home to over 70 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. Other organizations within our division for swim team have opted not to run or compete as well. With the elimination of in-person swim meets, we do not feel that it is worth running the risk to operate a full-size swim team. We are optimistic that the Pirates can return for the season this summer.

There are a limited number of spaces in our Non-Competitive Team, which is held on Mondays and Wednesdays for swimmers who may need some structure for their workout. These members must be between the ages of 8-17 at the beginning of class to register. Otherwise, we encourage athletes from our Pirates Swim Team to reserve lap lane use throughout the week to maintain their conditioning until next season. Currently, the facility is limiting use to members over the age of 13 anytime outside of registered programs.