



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

Princeton Family YMCA Swim Lesson Policies

Dear Parents,

We are excited that you chose to participate in the Princeton Family 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.

General Information

Please do not let your child eat right before their lesson. Eating before may cause cramping and vomiting.

Please enter the pool through the family locker rooms. Remember to bring a towel to dry off with after lessons.

Please do not enter the water prior to class starting. Have a seat on the bleachers and our instructors will call your child when it's time to swim.

When On The Pool Deck

Please leave strollers close to the doorway without blocking the exit. 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.

Cell phones and cameras **may not be used** in the pool area or in the lockers to maintain participant's privacy. If you would like to record your child swimming, please consider our family swim times.

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.

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 observation area with them at all times, including during swim classes. If you have multiple children under 9 in different programs, please remain in the area with the younger child(ren). You must inform the instructors of your whereabouts at the start of class in case of an emergency.

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.

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.

As a courtesy to all participants, students who arrive later than 10-minutes

after class starts will be unable to join the class. **No make-ups will be permitted for late arrivals.**

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. In those cases, we may recommend parents wait in our lobby.

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 have your child use the bathroom before entering the pool. 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, nose plugs, and ear plugs are not recommended for Parent/Child class unless required for medical reasons.

Beginner and Intermediate swimmers can use goggles if desired, and it is recommended that advanced swimmers wear goggles for lap swimming purposes. To ensure your swimmer learns breath control, "scuba" style face masks that cover the nose will not be allowed.

Swim caps can be worn as desired and are recommended for students with long hair. If not wearing a swim cap, hair should be tied back to keep it away from their face during lessons.

Both swim caps and goggles are highly encouraged for all swimmers in School Age / Youth Levels 3 and higher.

All other equipment is provided by the YMCA, please keep all floatation devices at home.

Transfers

Transfers will only be accommodated if a level change is needed per the recommendation of the aquatics staff.

Minimum Enrollment

All classes must have a minimum enrollment by the end of the 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 4-10 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 after class.

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 GARY@princetonymca.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.

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 bleachers on the pool deck.

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

If you choose to stay on the pool deck, please do not interrupt the teacher during class time.

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.

How Do Evaluations Work?

As registration for the next program session opens up, our instructors begin to re-evaluate their current classes for their progress. Often, they 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 in between class times. 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.

Make-Up Policies To Know

We are not able to offer make-ups, drop-in to, 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.

Make-up lessons cannot be rescheduled or carried over to the following session. Make-up lessons 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. If it were to occur a second time in the same session, then the class will be canceled.

If a class is canceled by the YMCA due to an unforeseen pool closure, every effort will be made to hold a make-up class or an account credit will be issued to the participant equal to the value of the canceled class. 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.

What do I do if I have more questions?

Questions or concerns from parents can be directed to the instructor after class ends. 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 and may ask you to speak to the Director of Aquatics or send a follow up email after class ends. 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.

Director of Aquatics:

Gary Burke

609-497-9622; ext 223

GARY@princetonymca.org

Thank you for your cooperation in making this a successful experience for your child!

Pool Rules (With Explanation):

Take off shoes in locker rooms before entering the pool deck.

Please help us keep the pool and pool deck clean for people with bare feet and in swimsuits. Removing shoes before entering the swimming pool deck helps keep the pool deck clean and free of debris that could harm bare feet, and it also helps to keep the pool environment sanitary.

No cameras, picture cell phones, or recording devices in or past locker rooms.

For the safety of your child and privacy of all pool users, cameras and cell phones may not be used in the locker rooms or on the pool deck for ANY purpose.

Walk, do not run.

Pool decks can become slippery with water present.

Water in plastic bottle is okay

No glass bottles or containers are allowed in the locker rooms or on the pool deck. They can shatter and injure patrons. Cleaning shattered glass from the pool requires the pool to be shut down for 2 ½ weeks.

Leave strollers by the entrance doors or lobby

Leave infant car seats in the locker room, lobby, or by the entrance doors on pool deck. Strollers and car seats will trap a child inside if they are pushed into the pool. Strollers are a hazard and an obstacle if an emergency occurs in the pool area.

No dangerous play.

Dangerous play can result in injury.

No food or gum.

Food and gum can be a choking hazard if brought into the pool.

Do not hang on rope.

The ropes are there for people in need of help. If someone is hanging on the rope, it is signifying that they need help.

Shower before entering the pool.

All bathers are required to take a cleansing shower before entering the swimming pool.

Only Coast Guard approved lifejackets.

No “floaties,” “swimmies,” or other inflatable devices.

Coast Guard approval is the highest form of safety.

Swimmer in life jacket must be within arm’s reach of an adult at all times.

If a swimmer is in a lifejacket, it signifies that they need help swimming. An adult must be within arm’s reach to take responsibility for the non-swimming individual.

No breath holding activities

Breath holding of any type will not be tolerated for either games or physical training.

Shallow water blackout can happen to ANYONE who holds their breath too long. We do not allow patrons to hold their breath for longer than 10 seconds.

Lifeguards have final discretion regarding pool rules and policies.

Lifeguards making reasonable safety decisions will have the full backing of the Aquatics Director.

Do not swim when you have diarrhea.

You can spread germs in the water and make other people sick.

Practice good hygiene.

Take a shower before swimming and wash your hands after using the toilet or changing diapers. This prevents germs from spreading.

Take children on bathroom breaks or check diapers often.

Waiting to hear “I have to go” may mean that it’s too late. This prevents germs from spreading. We may ask for a parent to come over to bring their child to the bathroom.

Change diapers in a bathroom

Please utilize the bathroom or diaper-changing area and not at poolside. This prevents germs from spreading.

Non toilet-trained children must wear a swim diaper under a tight-fitting swimsuit. This prevents accidental fecal releases into the pool.

