



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEVELOPING SKILLS FOR A LIFETIME

Swimming Lessons

Northfield Area Family YMCA

Dear Parents,

Welcome to the Northfield Area Family YMCA swim lesson program. The benefits of learning to swim go far past developing a life skill.

At our Y, the focus is on building the whole child from the inside out. Kids have the opportunity to participate in positive, fun activities that build physical and social skills and create a lifetime appreciation for active living and enjoyment of the water.



The purpose of YMCA swim lessons is to develop competency in swimming as well as confidence and endurance. Each class has five components:

- **Personal Safety**
- **Personal Growth**
- **Stroke Development**
- **Water Sports and Games**
- **Rescue.**

Each week of lessons includes fun-filled activities that also incorporate character values such as caring, honesty, respect, and responsibility.

Helpful Parent Information

First Day Expectations

1. When you arrive at the Y, check in at the front desk before proceeding to the locker rooms.
2. Please make sure that your child is dressed, showered, and ready to enter the water at least five minutes before their class start time.
3. The swim instructor will evaluate your child's swimming ability and talk to you if your child needs to move up or down a level.

During Swim Lessons

Please make sure your child showers and goes to the restroom before every class to help keep our pool properly maintained.

We encourage parents to get to know their child's instructors. If you have any specific questions about your child's abilities, your instructor will be glad to talk with you.

Progress Reports

Each swimmer receives a progress report during the last lesson. It will give you information on what your child has accomplished in their session. Skills are evaluated periodically throughout the session. We do not have a final test day.

Viewing Swim Lessons

All parents are encouraged to watch the swim lessons. You may sit on the benches on the pool deck or view from the gathering room viewing windows. If your presence distracts your child, the instructor may ask you to wait outside the pool area to maximize your child's learning process.

Substitute Instructors

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.

STRONG SWIMMERS CONFIDENT KIDS

Level Progression

Children progress at their own speed. It is common for a swimmer to remain at the same level for a complete year of classes, even with perfect attendance. A child's self esteem and confidence, as well as skill and strength development are all important aspects in determining progression to the next level.



Refund/Cancellation Policy

The YMCA aquatics department will only credit/refund money due to medical reasons with a doctor note. Any credit/refund made after the start of a session will be prorated at the discretion of the Aquatics Coordinator.

All programs have a minimum enrollment number of three participants. Programs with fewer participants may be combined or cancelled. You will have the option of receiving a full refund/credit or switching to another similarly priced program or class, if available, at no extra charge.