



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEVELOPING SKILLS FOR A LIFETIME

Swim Lessons at The YMCA of the Cedar Rapids Metropolitan Area

Dear Parents,

Welcome to the Cedar Rapids Metropolitan 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, so kids will learn about the rewards of persistence and courage, all while mastering their swimming skills. Our lesson program also serves as a starting point for developing and supporting a healthy and active lifestyle.



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, Games, and Rescue. Each week will also incorporate character values such as caring, honesty, respect, and responsibility.

Due to the rapid increase of participants in our swim lesson program we have some new policies and helpful information, please take some time to read the following information. Contact the Aquatic Director at your branch with any questions or concerns.

Sincerely,
The Cedar Rapids Metropolitan Area YMCA Aquatic Directors

Paul Brown
Helen G Nassif YMCA

Zac Hornung
Marion YMCA

Ian Buchta
Stoney Point YMCA



During Swim Lessons

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

We encourage parents to get to know their instructors. If you have any specific questions about your child's abilities, your instructor will be glad to talk with you before or after class. Please keep this brief though, as they have classes before and after yours.

Viewing Swim Lessons

All parents are encouraged to watch the swim lessons, we ask all parents to stay at least 15 ft. away from the pool.

You may sit on the benches on the pool deck or view from the viewing windows. If you are viewing please remain seated quietly. Parents may also wait in the lobby or use other YMCA facilities, if you are a member.

Keeping a distance from the class area removes additional distractions. If your presence distracts your child, the instructor or deck supervisor may ask you to wait outside the pool area to maximize your child's learning process and not interfere with the class.



Make-Up Policy

There are NO make-ups for missed classes, whether your child is sick, out of town, or unable to attend. Your child may not attend a class at another time slot in place of a missed class. This is because there is an instructor to participant ratio that we are required to follow.

Pool Closures

The Lifeguards will close the pool if lightning is sighted and for any other situation the lifeguard deems unsafe.

The first time the participants are instructed to leave the pool for weather, classes will be cancelled or if there is room elsewhere in the building there will be a safety lecture.

This is part of the curriculum of the class and is something we can do inside and out of the pool. The safety lecture will be different for every class and will include topics such as never going swimming alone, using lifejackets, or calling 911.

When the pool closes during the lessons we will use the following:

- 1st time – Safety Lecture or cancelled
- 2nd time – We will make every effort to make-up the class.
- 3rd time and beyond – A YMCA system credit will be issued.

First Day Expectations

Please make sure that all children come dressed, showered, and ready to get in the water at least 5 minutes before their class start time.

When you enter the facility please stop by the Welcome Center to check-in, staff will help you find the locker rooms if you need assistance.

At the start of class time instructors will help you find the correct class. The instructors will evaluate the participants swimming ability.

If the participant needs to move up or down a level the instructor will notify the supervisor, and the supervisor will work with the parent to change to the appropriate class.



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 Aquatic Director.

All programs have a minimum enrollment number. 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.

Certificate of Achievement

Each swimmer receives a Certificate of Achievement during the last lesson.

It will give you, in detail, information on what your child has accomplished in their session.

Skills are evaluated periodically throughout the session, as we do not have a specific "test" day. You will receive a mid-session report card halfway through the session.



Level Progression

Children progress at their own speed, and 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 determining the progression to the next level.



Substitute Instructors

We try very hard to keep consistency with instructors throughout the session. This helps participants to gain trust and a connection with their instructors.

Sometimes instructors will need to miss a class and there will be a substitute instructor.

We try to keep the number of substitutes that one class has to a minimum each session.