



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

## **Parent's Guide to YMCA Swim Lessons**



**YMCA OF OLD BRIDGE  
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[www.ymcanj.org](http://www.ymcanj.org)**



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Dear Swim Lesson Parent,

Welcome to the YMCA Swim lessons. Please carefully read our guidelines and procedures in this booklet to ensure a safe and successful swim lesson session.

Our swim lessons focus on five components:

1. Personal Safety
2. Personal Growth
3. Stroke Skills
4. Rescue Skills
5. Water Sports and Games

1. Personal Safety

Focuses on how to protect yourself in and around the aquatic environment through boating safety and open water discussions.

2. Personal Growth

Focuses on building the character values of **caring**, **honesty**, **respect** and **responsibility**, the YMCA core values. This area also concentrates on promoting positive self-esteem and goal setting.

3. Stroke Skills

Stroke skills works on swimming strokes with the most up-to-date styles and skills. The YMCA has come a long way from the old style of "drill-sergeant" instruction. Along with instructor-guided command teaching, a student-centered approach is also used. In this method, the children are guided through a series of questions focusing on a certain skill. This method has had the best results and retention of target skills.

4. Rescue Skills

Provides information about what to do in an emergency.

5. Water Sports and Games

Introduces children to other activities done in the water such as fitness and conditioning and diving skills.

We expect each child to learn and progress at their own rate. Therefore, do not be discouraged if your child does not complete all the skills within their level during any one session. Your child needs to know that it is acceptable to take as much time as is necessary to master the skills. We understand that not every child will want to be a competitive swimmer. We want every child to continue to have positive experiences in the water and give them other aquatic alternatives for health and fun.

In closing, remember we are here to have fun and learn how to be safe in an aquatic environment. Please call the Aquatic Department at 732-727-0704 x304 or x315 with any further questions or comments. We look forward to seeing you in the pool!

Sincerely,

Teresa Boydston  
Aquatics Director

Brigid Rothenberg  
Assistant Aquatics Director



## SWIM LESSON RULES AND POLICIES

- Please remember, the NJ Board of Health requires that all swimmers shower just prior to entering the pool.
- Anyone with hair longer than the jaw line must wear a bathing cap. Tying the hair in a pony tail or braid is not sufficient to keep hair out of the water, drains, and filter.
- Parents are welcome to observe swim lessons from the viewing area. If you have a child in preschool lessons (3-5 yrs. old), you must remain in the viewing area during your child's lesson.
- An adult must accompany children under 9 years of age to and from the pool or locker room area.
- All participants must be in good health and free of communicable diseases.
- There are no refunds or make-ups for missed lessons. Credit may be issued with a physician's note.
- Strollers must be kept off the pool deck, behind viewing area railing.
- Please make every effort to arrive a few minutes before your class time. Arriving late not only causes your child to lose valuable lesson time, it also disrupts the rest of the class.
- If photographing your child's lesson, please do so from behind the railing to minimize distractions to students and instructors.
- If participating in a parent/child class:
  1. Moms with long hair should tie it up so that it does not hang in the water.
  2. All children under 3 years of age must wear a swim diaper as well as plastic pants with tight fitting elastic at the waist and legs.
  3. There must be one adult in the water for each child registered in the class.
  4. Any visitors who come to observe the class must do so from behind the railing.
  5. If your child soils their diaper during the class, please remove them from the pool immediately and inform your instructor.

**AS WITH ANY LEARNED SKILL, PRACTICE IS AN IMPORTANT PART OF YOUR CHILD'S PROGRESS. BRINGING THEM TO THE POOL TO PRACTICE THE SKILLS LEARNED IN SWIM LESSONS WILL HELP THEM TO GAIN CONFIDENCE AND PROGRESS MUCH MORE QUICKLY. BUT PLEASE REMEMBER, EACH CHILD WILL LEARN AT HIS OR HER OWN PACE. IT IS NOT UNUSUAL FOR A STUDENT TO SPEND MULTIPLE SESSIONS IN THE SAME LEVEL. IT IS IMPORTANT TO GIVE YOUR CHILD THE TIME IT TAKES TO ACQUIRE THE NECESSARY SKILLS BEFORE MOVING TO THE NEXT LEVEL.**

**OUR TWO MOST IMPORTANT GOALS ARE FOR YOUR CHILDREN TO BE SAFE AND TO HAVE FUN!**