



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

First Time Swimmer-Parent Orientation 2016

Welcome to Swim Lessons at the Jerry Long Family YMCA. We are pleased you have chosen our Y for learning how to swim. Every YMCA swim class includes instruction in five areas: personal safety, personal growth, stroke development, water sports/games and rescue. We especially emphasize the four Y core values of caring, honesty, respect and responsibility.

1. Due to specific class set up & full sessions, we cannot offer make-ups for individuals missing classes or refunds for that missed lesson
2. If we have to cancel a lesson as a group (inclement weather), make-up classes will be on the next available Friday or added time to additional classes. We will email the dates, call & post on Facebook
3. Family locker rooms are available for dads helping their daughters & mothers helping their sons. Please no one of the opposite gender in the boys/girls locker rooms older than 5 years
4. Make sure your child visits the restroom before the start of each lesson
5. ADULT locker rooms are for high school age & over only please
6. Swimmers need a swimsuit, towel & goggles are HIGHLY recommended (no full face masks)
7. Children who are not potty trained need a swim diaper (no disposable diapers)
8. Please change diapers at the diaper changing stations in the locker rooms rather than the pool deck
9. Children get cold easily so please do not allow your children to swim prior to class
10. Please sign up in advance for next swim session rather than waiting for level change information
11. Children are placed in classes based on levels & ages. Class location change monthly & can modify
12. Changes for current sessions may occur through the 2nd class to ensure even class levels
13. Some days stroke & skill improvements (using ½ lanes) will be the focus, other days endurance (using full lanes)
14. You will be given a Lesson Recommendation sheet half way through the lessons as to level progression
15. Students will be given a "Certificate of Achievement" for the *current* level along with specific skills needed to pass to the next level at the end of the session
16. Children passing to the next level receive a Progress Report, Certificate & a Ribbon
(Most participants repeat levels multiple times & skills are repeated within levels- Not all children learn at the same pace)
17. ALL classes at ALL levels will have a day of "Boat Safety" along with lifejacket safety skills.
18. We offer one on one instruction for swimmers needing or wanting extra attention. Private lessons cater specifically to the swimmer's goals & developmental skill level. You can choose the instructor or we will choose based on availability & skill level. Each private is 30 minutes in length, scheduled to your availability other than peak session times (Group Swim Lessons/ Swim Team)

Please Contact:

Sandy Thomerson, Aquatics Director at 336-712-2000, s.thomerson@ymcanwnc.org or
Shana Kramer, Aquatics Coordinator at 336-712-2000, s.kramer@ymcanwnc.org

JERRY LONG FAMILY YMCA

1150 S Peacehaven Road, Clemmons NC 27012

P 336 712 2000 F 336 712 2005 www.jerrylongymca.org A United Way Agency

Our Mission: "Helping people reach their God-given potential in spirit, mind and body."