



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WILKES FAMILY YMCA SWIM LESSON PARENT ORIENTATION

Welcome to Swim Lessons!

Here are some things that we would like you to know in order to make your child's swim lesson experience successful:

- Please arrive at least 5 minutes prior to the scheduled start time of the lesson. Your child should be in his/her bathing suit ready to swim!
- We highly suggest that girls wear a one-piece bathing suit for comfort and security in the water.
- If your child is going to wear goggles, we ask that they not include a nose piece as this interferes with teaching him/her how to exhale through his/her nose during lessons.
- If your child has any physical or mental health conditions that may affect the learning environment for him/her or other participants, please let your instructor know.
- Some children are better able to focus when parents aren't in the pool area during lessons. If your child becomes distracted or unfocused during lessons, we ask that you consider leaving the pool area in order to give them the best opportunity to learn and participate.
- Your instructor will work with you to determine make-up dates that may be necessary when unforeseen circumstances interfere with lessons. Please follow up with your instructor if a class is ever cancelled.

WILKES FAMILY YMCA

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