



MARY PERRY RAGSDALE FAMILY YMCA

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Dear Parent or Guardian:

Welcome to the first day of our swim lesson session! Thank you for enrolling your child in the YMCA swim lesson program. We are excited you are here, whether you are returning to the program or new to swim lessons. We hope you find our program fun and rewarding for your child.

The YMCA swim lesson program is unique from other programs because in addition to teaching swimming skills, it also teaches values, character building, and goal setting. The Y program is divided into five components, which are: Personal Safety, Personal Growth, Stroke Development, Water Sports & Games and Rescue. We also divide our program into preschool and youth levels. Preschool classes (ages 3-5) will have a 5:1 instructor ratio and Youth classes (ages 6-12) will have a 6-8:1 instructor ratio depending on the class level. Our Parent/Child class has a 10:1 instructor ratio.

You are permitted to stay on the pool deck with your child, or may leave the pool area. Sometimes the quality of the swim lesson is affected, by parent/sibling distractions, interruptions and other concerns. Please also feel free to observe from the windows in the lobby area. However, It is a good idea to be on the pool deck the first day of class as they are getting oriented and the last day to see your child's progress. If you leave during your child's swim lesson please be prompt in picking them up at the end of class. Please respect the policies for supervising your children before and after swim lessons as follows:

- Children under the age of 5 must be accompanied by parent or guardian* within arms reach (in the water) at all times. (If your child would like to swim before or after swim lessons.)
 - Children ages 5 - 7 must have a parent or guardian* on the pool deck.
 - Children ages 8 - 12 may be left in the pool area unaccompanied for a maximum of one hour, with approval of the lifeguard on duty. The parent or guardian* must stay in the YMCA building.
 - Children ages 5 - 12 must pass a swim test with the lifeguard before swimming in the deep end of the pool.
- * A guardian is defined as a responsible party age 18 or older. Babysitters and siblings under the age of 18 are not acceptable guardians.

We ask that you please shower your child before class, and take them to the restroom. This will help us to keep our pool clean. If your child is not yet potty trained they need to wear an elastic swim diaper. We ask that Parents or guardians with opposite sex children over the age of 3 use the family locker room. Please do not change your child on the pool deck.

The best person to ask about your child's progress is their swim instructor; they will be continuously evaluating your child throughout the session. Your child will receive a progress report the last day of class evaluating their progress. Please do not be discouraged if your child needs to repeat a class in order to master all of the skills taught. If a child is placed in a level too high it can be frustrating for them. Children feel better when allowed to succeed at their own rate and present ability level, and it will provide the best experience for you child. Your child should know that it is acceptable to take as much time as is necessary to fully learn these important swimming skills.

If you have any questions or concerns during the session please feel free to contact me at the number or email address listed below. Your input is appreciated and helps us in evaluating our Swim Lesson Program. We will also hand out evaluation forms on the last day of class for any feedback you may have for us.

In the spirit of the Y,
Katherine Page
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The mission of the Mary Perry Ragsdale Family YMCA is to put Christian principles into practice through programs that build a healthy, mind, spirit and body for all.