

Private lessons: One-on-one instruction
One session consists of six, 30-minute lessons

Group lessons: A session consists of eight, 30 minute lessons
(if necessary, make-ups will take place on Fridays)

***Information provided may not apply to all locations; please contact the location you will be attending for their specific lesson times and other branch specific policies.**

Locations:

- **A.C. Lewis YMCA**

350 S. Foster Dr. Baton Rouge, LA 225-924-3606

- **C.B. Pennington Jr. YMCA**

15550 Old Hammond Hwy. Baton Rouge, LA 225-272-9622

- **Dow Westside YMCA**

3688 Sugar Plantation Pkwy Addis, LA 225-687-1123

- **Paula G. Manship YMCA**

8100 YMCA Plaza Dr. Baton Rouge, LA 225-767-9622

- **Southside YMCA**

8482 Perkins Rd. Baton Rouge, LA 225-766-2991

- **Exxon Mobil YMCA**

7717 Howell Blvd. Baton Rouge, LA 225-906-5424

You can also visit our website:

www.ymcabatonrouge.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of the Capital Area Swimming Lessons

Parent's Handbook



Member Agency

Introduction

Hello swimming lessons participants and families!
Welcome to the YMCA group lessons. The YMCA of the Capital Area Swim Lesson program encourages the development of the whole child. The YMCA swim lessons incorporate 5 main components. Each day you may experience personal safety, personal growth, stroke development, water sports and games, and rescue skills. We also incorporate our 4 Core Values of Caring, Honesty, Respect and Responsibility through the use of games and activities to involve and engage the child and family.

Our Mission

Our YMCA is an association of people united in common effort to enhance the quality of life, spiritually, mentally, physically and socially, for all in the communities we serve through ecumenical application of Christian principles.

Our Vision

We build strong kids, strong families, strong communities.

Our Values

Caring, Honesty, Respect, Responsibility

About the YMCA of the Capital Area

The YMCA of the Capital Area is a private, not-for-profit organization, established to serve the local community. Support for the YMCA of the Capital Area comes from membership and program fees, and private donations. We welcome and appreciate your monetary contributions to ensure we turn no one away because of inability to pay.

Scholarships

Scholarships are available for all YMCA Programs, upon request, based on financial need and availability of funds. Please visit the front desk for more information.

Swimming Pool Policy

All swimmers must shower before entering the pool. Please make sure that swimmers use the restroom also, as not to disrupt their time in the lesson. Proper swim attire is required. Children who are not potty trained must wear a swim diaper instead of a regular diaper.

Make-up & Cancellation Policy

Make-up classes are scheduled only if the YMCA cancels. Make-ups for weekday classes will be on Fridays. In case of low enrollment, classes may be combined or canceled.

Refunds Policy

Class times are subject to change from the printed times in the program guide. All attempts will be made to move the child(ren) to the appropriate class during the same session. If the move is not possible, a refund may be issued. For a refund, you will receive a check by mail.

Parental Observation Policy

As parents you have unlimited access to your children during the time of their lesson. Parents will have a designated area where they may observe the lesson. No food or drink is allowed on the pool deck of the YMCA.

Behavior Guidance

The YMCA's philosophy is guidance based on caring, honesty, respect, and responsibility. The child's self-esteem is important to us. The YMCA sets reasonable limits and consequences and encourages self-discipline. Daily activities will be varied and offer a number of choices to hold the child's interest. Children are expected to respect the instructor, other staff, and the pool rules. We will encourage positive reinforcement and redirection along with our core values.



Your Role in Your Child's Parent/Child Swim Lesson (Children aged 3 and under)

The objectives of the Parent/Child portion of the program are to promote enjoyment of the water and exercise for parents and their children and to provide water and boating safety information to parents. You are your child's first and best teacher, so program instruction is directed toward helping you work with your child. A developmentally appropriate aquatic program for children of this age focuses on adjustments to the water, exploration, child-centered learning, and enjoyment by both the parent and the child. Parents may be taught how to use floatation devices properly and movement progressions and water games appropriate for the children's ages.

The duration of the Parent/Child class is 30 minutes. It is recommended that you exit the pool earlier if your child becomes chilled, tired, or irritable.

Feel free to pick up a pool schedule and membership information at the front desk to take advantage of using the pool outside of regular class time.

Your Role in Your Child's Preschool/Youth Swim Lesson (Children age 3 and older)

Each child has different swimming abilities and will advance through our different levels at their own pace. It is very common for a child to repeat a level once or multiple times. Swimmers should be placed in a class that is challenging, but not overwhelming. As a parent, it is very important for the success of your child to encourage them at their own developmental stage.

As with any other type of lesson, practice is an integral part of your child's growth in our swim program. We highly encourage as much pool time as possible outside of your child's regularly scheduled swim lesson. Feel free to pick up a pool schedule and membership information at the front desk.

How to Determine Which Swim Level to Place Your Child

If your child is *under the age of three*, registration should be in the Parent/Child class. The child should be registered and a parent or guardian who is legally responsible for the child should participate with the child in the water. Both parents or guardians are welcome to participate.

If your child is between the ages of 3 and 5, registration should be in one of the Preschool levels. If your child is older than 5 years old, they should register for one of the Youth Swim Lesson levels.

Please read the following to determine your child's level. If you are still not sure of your child's swimming level ability, talk to your YMCA Aquatics Director.

PRESCHOOL LESSON LEVELS:

Pike (3-5 years old)

- No skills required other than water readiness
- Children will attend without the aid of their parents
- They will develop safe pool behavior
- Adjust to the water and develop independent movement in the water
- It is designed for new swimmers, teaching basic paddle stroke and kicking skills, pool safety, and comfort in holding their faces in the water while blowing bubbles

Eel (3-5 years old)

- It is for children who are comfortable in the water
- Children will be swimming across the pool (25yds) with a float belt.

Contact the location at which you are registering for information on **Ray** and **Starfish** levels which are for the advanced 3-5 year old swimmer. These swimmers can swim 20 – 40 ft. on their own with no flotation.

YOUTH LESSON LEVELS:

Polliwog

- Walk or swim away from the pool wall, turn around and reach for and grab the wall
- Front and back float with or without float belt
- Step away from pool side, paddle or surface, turn and return to the side
- Paddle for 25 yards with float belt on front, back and side
- Scull for 1 minute with or without a float belt

Guppy

- Front and back float for 1 minute without a float belt
- Tread water for 20 to 30 seconds with or without a float belt
- Jump into deep water, paddle stroke 15 feet, roll to a back float for 10 seconds then return to the side without a float belt
- Perform 10 bobs in deep water or without a float belt on the front with a symmetrical paddle, on side with alternating paddle, on back with an alternating paddle, and on back with a symmetrical paddle
- Jump into deep water and swim up to 5 -7 feet
- Perform 10 bobs in deep water without a float belt.
- Swim for 25 yards with or without a float belt on front with alternating paddle using rhythmic breathing, on front with a symmetrical paddle, on side with alternating paddle, on back with an alternating paddle, and on back with a symmetrical paddle.
- Jump into deep water and swim up to 5-7 feet.

Minnow

- Tread water for 1 minute using a scissors kick.
- Swim for 25 without a float belt on the front with alternating paddle (crawl stroke), on front with a symmetrical paddle (breast stroke), on the side with an alternating paddle and a scissor kick (sidestroke), on the back with alternating over-arm stroke (back crawl), and on the back with a symmetrical paddle (elementary backstroke).

Advanced Levels – Fish, Flying Fish, and Shark

- For information on these levels, please talk to one of our aquatic professionals at the location of your choice.

More Than Just Swim Lessons

The world can look a bit different for kids in the YMCA Aquatics programs. Our approach to aquatics is unique in the fact that we teach the big picture of water safety to children so that they can learn to be safe in and around water.

The preschool and youth programs use a problem solving and guided discovery teaching method that incorporates student centered learning through songs, and games.

Staff Ratios

The instructors to participant ratios as recommended by the National YMCA are as follows:

Class	Ratio
Parent/Child	1:10 or 12
Preschool	1:5
Youth	1:6

Staff Qualifications

Intensive training with part time staff includes mentoring with experienced instructors and certification training in the YMCA Swim Lesson Instructor course. The aquatic staff is required to have safety training as well. Some instructors are lifeguard certified.

Come Volunteer with Us!

The YMCA of the Capital Area is always looking for volunteers in our programs and for special events. If you are interested in helping with a swimming lesson or any other area of the YMCA, please contact the Aquatics Director.