

Fergus Falls YMCA

SWIMMING LESSONS INFORMATION

2024 Lessons

Dear Parents and Guardians,

Welcome to the Fergus Falls YMCA Swimming Lesson Program. This session will allow your child the opportunity to develop swimming skills and strokes, personal skills, and water safety skills. We also incorporate the positive character values of honesty, caring, respect, and responsibility into our curriculum. In addition to swim lessons, we recommend helping your child reinforce the skills they learn by taking them to open swim times. Download our app for an up-to-date pool schedule. [Link for Apple Users](#) [Link for Android users](#)

If you have any additional questions or concerns, please feel free to contact me, or speak to your child's instructor before or after class. We look forward to having your child in lessons this session!

Sincerely,
Anna Drenth
Aquatics and Safety Director

218-739-4489 extension 211
adrenth@fergusfallsymca.org

FAQ:

What do I need to know before my child starts swimming lessons?

If you wish to escort your child into the pool area, please remove your shoes. All individuals using the pool facilities must take a shower before entering the pool. Removing shoes and taking showers helps us keep the pool area clean and healthy for everyone.

Which locker room should I use?

Female General Locker Room (Upstairs) should be used by:

- Girls age 10 and older with or without a parent or guardian
- Girls 9 and under escorted by a female guardian
- Boys 5 and under escorted by a female guardian

Family Changing Room (Main floor) should be used by:

- Boys age 10 and older with or without a parent or guardian
- Children 5 and under of any gender escorted by a parent or guardian of any gender
- Families with children, individuals with accessibility needs or care providers are encouraged to use this space

Where can I observe my child's class?

In order for our swim lessons to be conducted properly, parents should observe their child's swim lesson from the pool observation area. We ask that parents not sit on deck unless it is necessary due to a child's medical condition and pre arranged with the Aquatics Director

What if my child has to use the bathroom during class?

Please always have your child use the bathroom ***before coming to class***. If a child needs to use the bathroom during class they may go on their own if they are old enough, however, younger children may need assistance. Staff are not allowed to take a child to the bathroom. We ask that parents remain close by just in case your child needs assistance. Please remember to remove your street shoes before you walk on the pool deck. If you see your child walking towards the locker room doors, please remove your shoes and meet them on deck for assistance.

What if my child misses a class?

No credits or refunds will be given for missing classes except for extended absences due to medical issues with a doctor's note. If class is canceled due to pool or weather issues, a \$5.00 off aquatics program voucher may be given to you for use towards a future session of swim lessons.

What if my child misses testing day?

Students are evaluated each class throughout the entire session. The final evaluation is done in the second to last class.

How do I know what level to register my child for in the next session?

Progress cards are given out to all students during the last day of classes. Your child's instructor will write on the progress card what level they should be registered for in the next session. If your child is absent the day progress cards are given out, you can contact the aquatics office to find out what level to register your child for.

Why does my child need to repeat a level?

The purpose of our swimming program is to develop competency in swimming, along with confidence and endurance. A child is advanced to the next level when he or she can proficiently and consistently perform the skills within their current level. Each child will learn and progress at their own pace. Therefore, don't be discouraged if your child doesn't complete all the skills within his or her level during any one session. On average, our typical student could be in the beginner stage for 3 to 12 months. It is helpful for the child to know that it is acceptable to take as much time as is necessary to master the skills.

Students should be encouraged to try their best each class and take the time they need to master skills. Each session helps students learn, improve form, build endurance and swim better than they did before. Just because a child isn't progressing to the next level, doesn't mean they haven't made progress during the past session. If your child is discouraged because they are not moving to the next level, encourage them to see how they have improved during the past session.

Questions

If you have any questions or concerns during this program please do not hesitate to contact us. The Aquatic Director can be reached at 218-739-4489 ext 211. **Your voice is important to us!** Your voice helps us to reach out to your families and our community in our quest for youth development, healthy living and social responsibility. We are looking forward to a great session together!