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FOR HEALTHY LIVING  
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## Fergus Falls YMCA SWIMMING LESSONS INFORMATION 2019 Lessons

**Emily, Andy, Tristan, Steven, Aaron, Gavan, Elise  
INSTRUCTORS**

Dear Parents,

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. 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. Occasionally I have the honor of teaching the evening youth lessons, so feel free to come find me before or after lessons if there is anything I can help with. We look forward to having your child in lessons this session.

Sincerely,

**Emily Stawarski**  
**Membership and Aquatics Coordinator**

218-739-4489 extension 219  
emily@fergusfallsymca.org

### **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 5 and older
- Children 5 and under of either gender escorted by a female guardian

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

- Boys age 5 and older
- Children 5 and under of either gender escorted by a parent or guardian of either 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 do not sit on deck unless prearranged with the Aquatics Coordinator due to a child's medical condition.

**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 is not allowed to take a child to the bathroom. We ask that parents be 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 cancelled due to pool or weather issues, a 5.00 off aquatics program voucher may be given to you for use towards the next session of swim lessons.

**What if my child misses testing day?**

We do not have a "testing" day. Students are evaluated each class throughout the entire session.

**How do I know what level to register for next session?**

Progress cards are given out to all students during the last week of classes. Your child's instructor will write on the progress card what level they should be registered for 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. Your child needs 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 student 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. This is a member organization that is cause driven. **Your voice is important** in helping 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!